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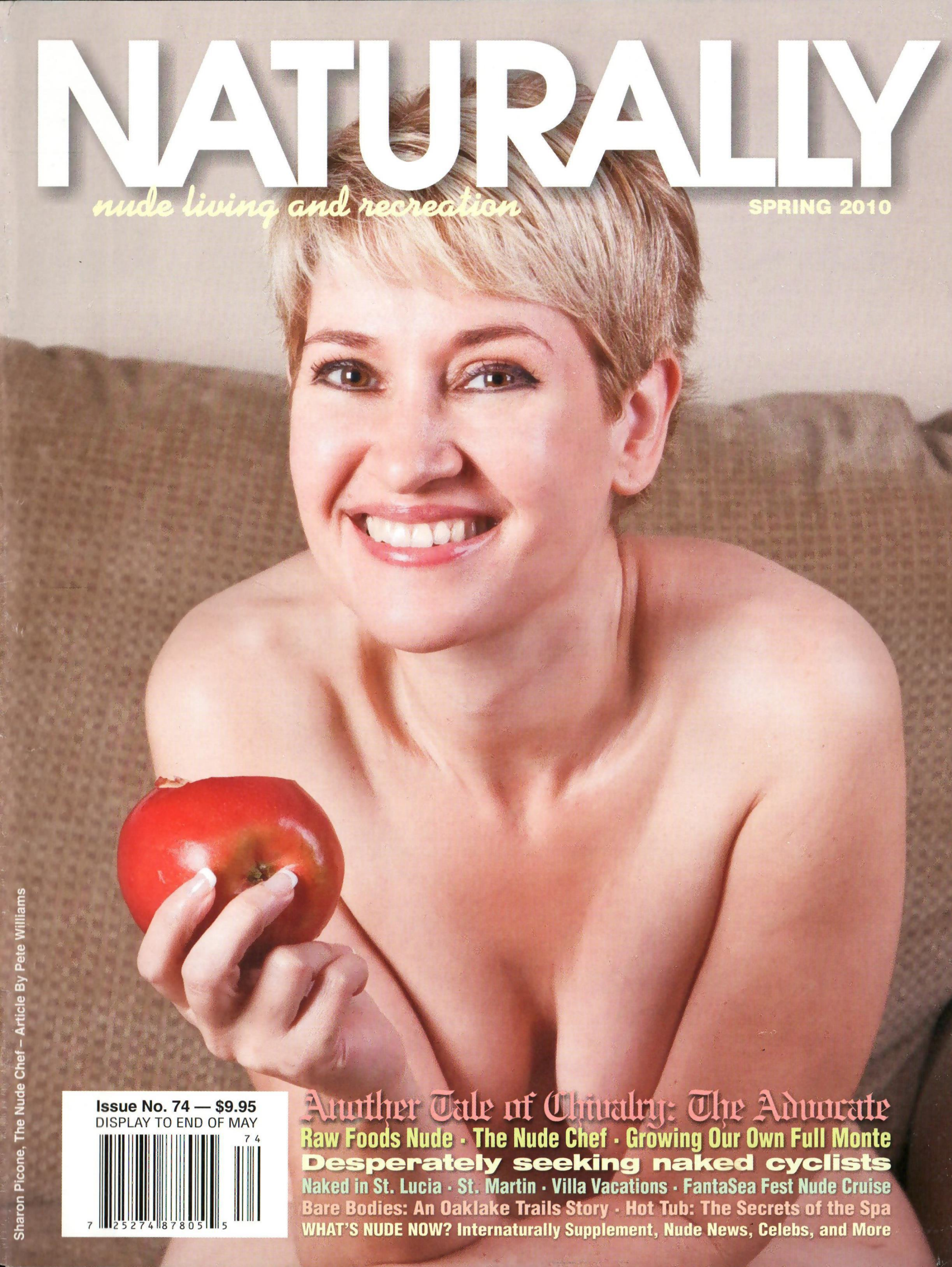

Sharon Picone, The Nude Chef – Article By Pete Williams

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(58 mins, $40.00, Not Rated)

2 Castles In Spain

NEW!

Two deluxe resorts in the countryside of Spain visited by Shannon and Boris, plus a palace where Suzana, Shannon, and Sarita go naked in public and dance tango.
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3 Travels With Girls

NEW!

Shannon does a naked tour of the Greek Islands and jetskis in a resort with her friends, and Vicki and Monika play at home.
(76 mins, $40.00, Not Rated)

4 Lily's Fantastic Summer 1

World Naked Bike Ride in Brisbane, naked riding and dancing, and three naked people in a busy nightclub.
(61 mins, $40.00, Rated MA15+)

5 Lily's Fantastic Summer 2

Lily goes naked at a party and a beautiful beach, and five people enjoy a party of relay races, games, and dancing.
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6 Freedom Weekends

Two nude beach carnivals, with lots of fun for kids of all ages, and a visit to a great nudist club in Perth.
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7 Party Night and Day

Nude beach carnival by day and three girls enjoying a wild party by night.
(64 mins, $50.00, Rated M)

8 Inoffensive Behaviour

Beautiful girls go naked with lots of people around in Australia and the Czech Republic.
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9 Decent Exposure

Naked in public at Byron Bay: on roads, beaches, shops, and with lots of people on the Lighthouse Track.

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10 Summer Mornings

Eight girls and one guy enjoying the naked beauty of warm summer mornings.

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A Wandering Free 1

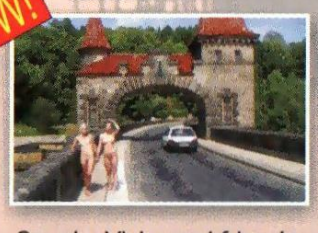
NEW!

Nude in the Greek Islands, four-girl party, two girls naked in a crowded nightclub.

(79 mins, $40.00, Rated R)

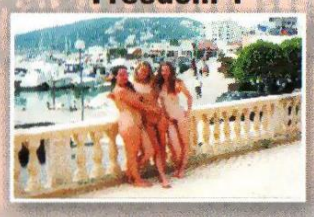
B Wandering Free 2

NEW!



Spunky Vicky and friends naked at party and castle dam, girls naked in Hotel of Art and crowded park.
(72 mins, $40.00, Rated M)

C Adventures in Freedom 1



Three girls naked in the magical resort island of Ibiza, on roads, beaches, esplinades, an art shop, and even a carnival ride!
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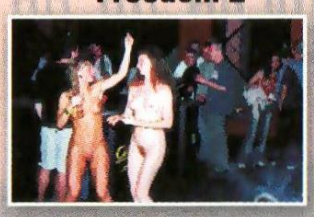
D Adventures in Freedom 2



Naked on roads, bridges, parks, a steamboat, and partying the night away in a crowded disco.
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Denise of Camp Full Monte, a new naturist camping resort in Montenegro, at the nearby nude beach.
See her article "Growing Our Own Full Monte" on page 20.

SPRING 2010

Internaturally

NATURALLY magazine is an independent quarterly publication of nude living and recreation for all ages, published by Internaturally, LLC.

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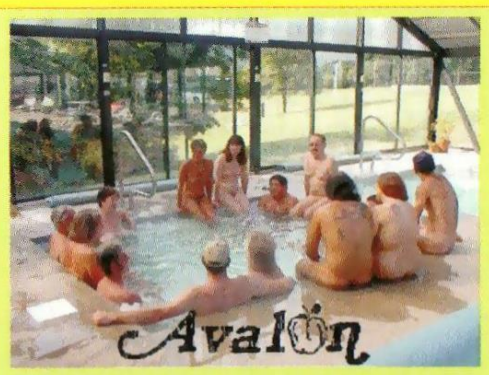

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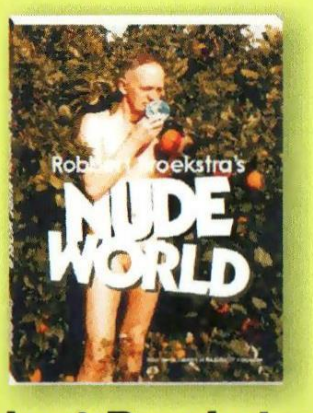

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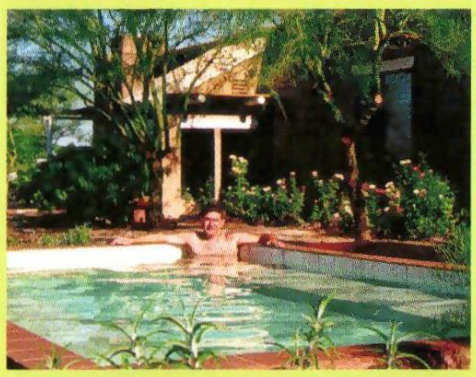

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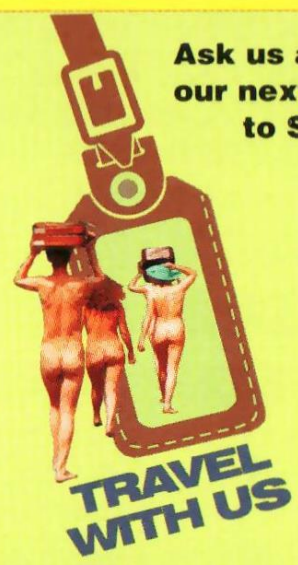

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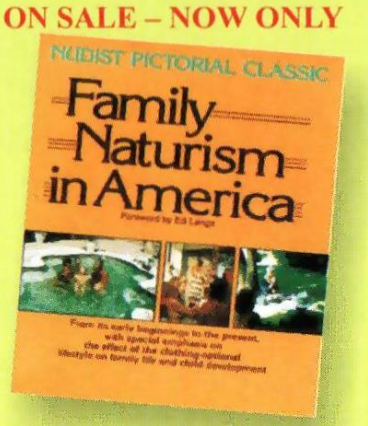

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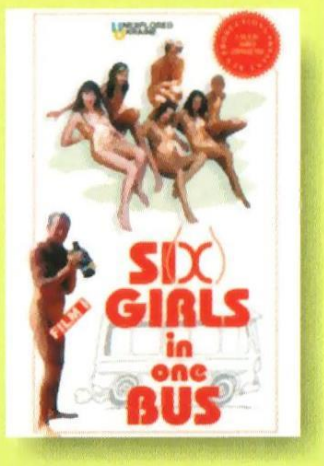

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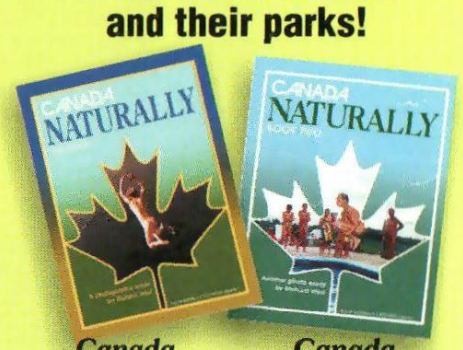

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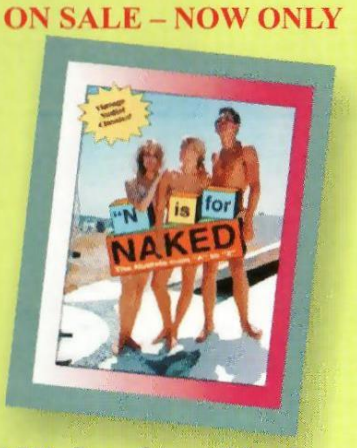

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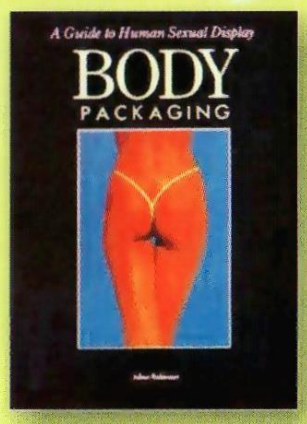

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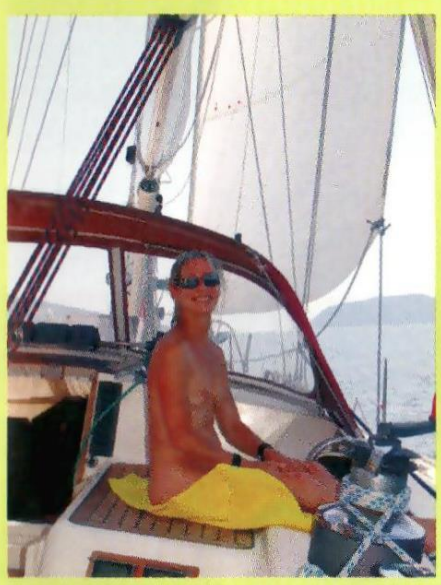

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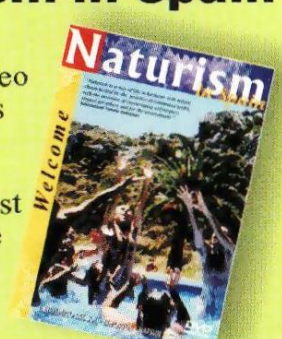

Here is a marvelous video that introduces you to those magnificent Spanish naturist resorts and the people who enjoy them. Visit El Templo Del Sol, El Portus, Natsun, and the phenomenal Costa Natura. It's in English, so everybody can benefit from this excellent naturist production. Approx 45 min.

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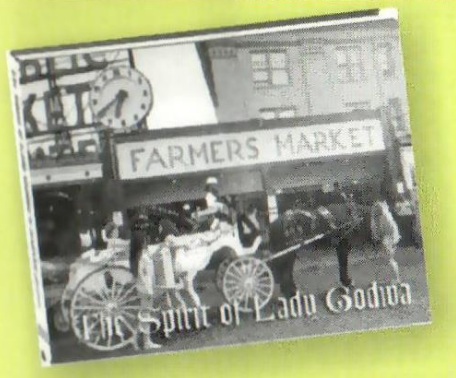

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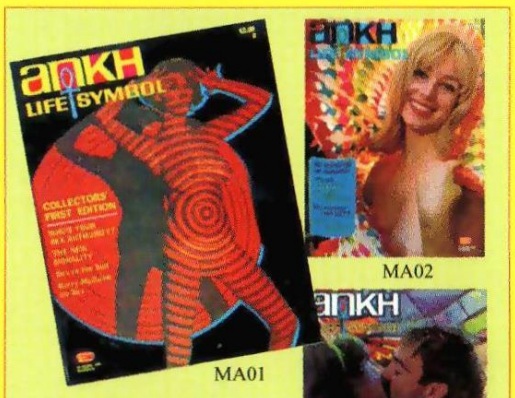

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Ankh

Remember the naked hippidom lifestyle of Haight-Ashbury? These heavyweight magazines (avg. 72 pages) are a nostalgic look back at early nude freedom and "groovy" happenings. Many photos by the late nudist legend Ed Lange. Still available:

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A Naturist Closet Case

by Sherry Stafford-Loibl

Do you know someone who is shy about becoming a naturist? I've got a perfect solution to their phobia, if you can get them to agree to the experiment in the comfort of their own home.

Jim Lehrer reported in July 2003, that after several years of losing money, Pillowtex (formerly Cannon) finally declared bankruptcy, putting nearly 5,000 textile employees in Kannapolis, North Carolina, out of work. That's one-sixth of the entire population in that town of 30,000. Since 1994, 138,000 jobs had been lost in the textile industry in North Carolina, alone. Figures for the period 2003 to present were not readily available. Remember, that is only one state, but don't get depressed yet!

Now, if you want to have a little fun with that reluctant naturist, request that they only wear clothing and shoes made in the U.S.A. Really – go to your own closet and take out all the clothing (and towels!) made in other countries. "It has a label I recognize as a U.S. company" you might say. Well, look a little deeper… use your computer to find out where those label-recognition clothes are actually made.

Do your textile friends support sustainable products and seem politically aware? Governor Mike Easley said in 2003 that "we've been very specific in what we've asked the (now previous) administration to do. First, slow down; don't give away so many jobs so rapidly. Take, for instance, the Vietnam agreement. I wish we would

CONTINUED ON PAGE 43

The FRONT

Meet Erick Williamson at the center of the so-called 'Virginia naked trial.' He was convicted for standing nude in his own home while making coffee.

Virginia Naked Trial: Erick Williamson Indecent or Just Nude?

by McCain

The basic facts of the case are that Erick Williamson was strutting around naked in his own home just like fellows with beards and smiles on their faces are prone to do. I mean just look at the picture? I know a natural man when I see one.

There were no drapes in the house preventing prying eyes from invading the space inside his home. And that is just what happened one day when a mom and her seven year old child walked by [cutting through his front lawn] before 6am in the morning. It was dark at that time in the early morning and he was making coffee in the house as usual each day. They report seeing him through his open door and a window. Having sufficiently gawked they filed a police report.

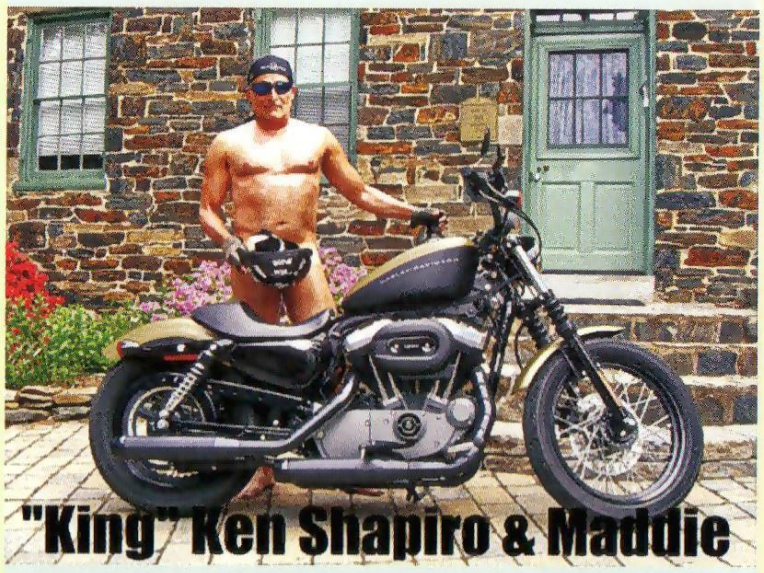
Williamson was arrested and stood trial for indecent exposure. The judge in the case ruled that his coffee-making actions showed that he wanted to be seen by people passing by so the normal boundaries of privacy in one's own home did not apply. He received a suspended jail sentence and did not have to pay a fine.

Williamson is a 29 year old dad with a five year old baby daughter. He has no criminal history or trouble of any kind. He is a commercial diver originally from Hawaii, currently a resident of Springfield, Virginia where the incident occurred.

You can read a discussion of this case at law.righpundits.com and a legal synopsis from Jonathan Turley. The naked man intends to appeal his conviction, something I wholeheartedly can cheer.

The ruling is a miscarriage of justice in my view and the judge should be impeached for gross incompetence on the bench. His name is Fairfax General District Court Judge Ian M. O'Flaherty.

law.rightpundits.com



A little nudism in the name of animal welfare...

Members of the SOB Motorcycle Club have stripped off their leather – and everything else – to help Pet Rescue of Maryland.

Ken Shapiro, who winkingly calls himself king of the club, sent me a preview of their 2010 Semites On Bikes calendar, which is now for sale. He's Mr. December, the guy posing not-so-shyly above with a guinea pig.

Shapiro says last year's nude calendar sold more than 800 copies before eventually selling out.

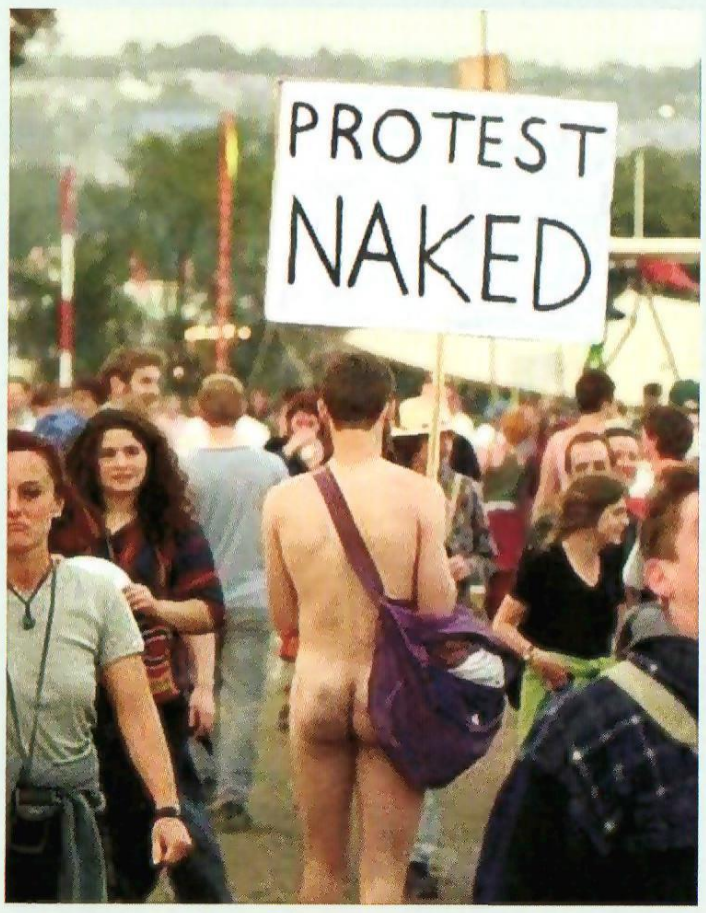
Pet Rescue of Maryland, a no kill organization, will use 100 percent of the proceeds to pay for vet bills.

Calendars are $20. You can order them on the group's website.

Though the men are nude in the calendar, he calls it "PG-13 rated" and "fine for your kitchen" since everyone is coyly covered up by a pet – mostly dogs and cats, but also birds, a guinea pig and a goat.

Pet Rescue is taking orders for the SOB "Pet of the Month calender at: www.petrescueofmd.org

posted by jill.rosen@baltsun.com



Got an issue?

Nudes in the News

"Immoral" sex romp resort is ruining our image: nudists

by Kate Dennehy

January 17, 2010 – Sex romps at a Queensland resort are giving nudists a raw deal, say more serious naturists.

The White Cockatoo resort at Mossman in north Queensland hit the headlines last week with reports of poolside sex and partner swapping, and that was from its owners Tony and Lenore Fox.

The timely free exposure hasn't hurt their advertising campaign aimed at selling the resort for $1.5 million, with a flood of prospective national and international callers.

But more sedate nudists say the reports give the wrong impression about the nudist movement and will harm Queensland's bid for its first legal "clothing optional" beach.

President of Free Beaches Australia, Traven Searle, said nudism was for families and couples who simply wanted to take their clothes off in a healthy environment.

"Nudism for us is a lifestyle thing where we can socialise without any sexual connotations," he said. "The whole thing up there (at The White Cockatoo) is very negative because it promotes a very sexual image."

He said his group and the Australian Nudist Federation (ANF) hoped the resort would become a non-nudist resort when sold as it was giving nudism a bad name.

"We are against adult only and swingers' resorts and prefer family-friendly places where kids can go for fun," he said.

"All the negative publicity will be brought up whenever we suggest a clothing optional beach and definitely won't help."

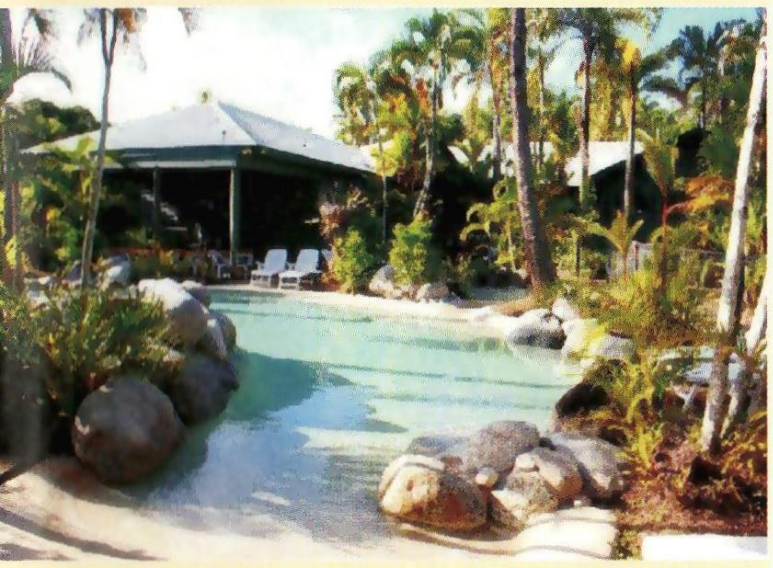
ANF president Werner Jacobs said his group, with 3000 members, was considering changing the group's name to "naturist" instead of "nudist" because of the bad publicity.

"It does tarnish our image but I think the owners are just cashing in on the publicity while we do it for the lifestyle," he said.

Mr Fox said the resort was not "no holds barred" all year. Three seasons catered for conventional (fully-clothed) families, more "conventional" nudists and adults only.

"The prudie nudie season is mainly for the 40 to 60 year olds, your older club type," he said. "They're the hang-over from the 60s with a 'no sex please, we're nudists' attitude."

He said the fastest growing season



The White Cockatoo

was from January to March, the adults-only-partner-swapping time is mainly for 25 to 45 year olds.

"The AO season is three times as popular as the prudie nudie with a much more liberated environment. Sex does happen in the pool or other public places between partners or with others," he said.

"We have close neighbours but we have very high fences. There's plenty of shade so sunburn isn't a problem."

James Bishop, owner of the Pacific Sun Friends resort at Donnybrook, north of Brisbane, said "all that swinging and wife swapping" was immoral.

"We have a high moral standard here and don't accept sex in public," he said. "Politicians and people that hear about what's happening up there will use it against the nude beach issue."

Whitsunday Regional Council deputy mayor Rogin Taylor and his wife Linda run the Taylorwood Nudist Resort at Conway, near Airlie Beach in north Queensland.

Mr. Taylor agreed the publicity was doing more harm than good to the nudism industry.

"Saying people have sex in the pool certainly doesn't help our image," he said. "Our resort doesn't allow singles or kids and we don't have swingers under any circumstances. There is absolutely no sex in public here."

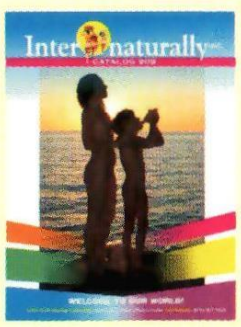
He said the only difference between his resort and others was that people wore fewer clothes.

Mr Fox said his critics were suffering "penis envy."

"They fit my definition of prudie nudie to a tee,'" he said. "They are out of touch with what happens in the real world and are jealous that people just want to have a naked holiday instead of joining their clubs."

Source: The Sun-Herald

The Catalog



Everything you need to know about nude living and recreation – books, DVDs, magazines, travel offers, and more. It's the biggest illustrated naturist catalog ever produced. This beautiful, 88-pages, photo-rich edition boasts over 1500 products, and includes full-page production photos to show off numerous titles offered. Just ask for *The Catalog*. There's nothing else like it; FREE with any order, from Internaturally, or alone for just $6.00 p&h.

THE BARE FACTS: Naked Friday at the Newcastle-based advertising agency

Review: The Naked Office, Bravo *by Andrew Mosley*

WOULD you turn up for work naked?

This was a strange program in which Newcastle-based advertising company onebestway brought in business coach David Taylor to help them confront the problems that were leading to them struggling with productivity and communication.

He immediately implements a week-long strategy that maneuvers staff into confronting "the naked" truth behind their difficulties and culminates in them being set the task of turning up for work in the buff on the Friday. Gulp!

The week began with a naked male temp coming into the office for a day, which ruffled a few feathers. "Pull your desk right in," one worker told him, while the reaction of the two women was somewhat mixed: one looking visibly delighted, the other rather uncomfortable.

The week would gradually go downhill from there. On the Wednesday, David mails staff to say they must all photocopy a naked part of their body. They do, ranging from a finger and a foot to, er, Sam's breasts. Lisa also photocopies her assets, but later changes her mind and substitutes her hand. "I went in thinking I was going to do a certain thing and came out having done something else." Sam is slightly more open: "I thought, 'you've not seen these before, so let's go for the boobs'. I wanted to show my personality and there's nothing to hide." The others in the office'll be the judges of that.

Ben photocopies his behind, but won't be able to make the full showing — so to speak — on Friday as he has to attend a wedding. He does, however, agree to submit a cut out nude of himself.

Should anyone take offence, the Dean of Newcastle Cathedral turns up to give his blessing to the naked office.

Thursday sees nude model Lesley turn up at the office for a life-drawing session. Mike asks her what her favorite part of her body is: "My breasts," she says. "So is mine," says Mike.

David gets Mike and his deputy Mark together and asks them to confront their differences. He says the aim is to be completely open, naked even, with each other and "look at what combines you, not what separates you". They nod their agreement, but don't look convinced.

Then it's naked Friday: Waaaaheeey — or not as the case may be.

Predictably, boss Mike's first out of the traps and drives to work completely naked, attracting strange looks from a chap on a bus en route. Paul and Mark follow (birthday) suit and Lisa turns up in her underwear. Mike has to answer the door, with strategically placed pad, as Morgan arrives wearing a thong with an oinking pig attached, before Sam strides confidently in and proceeds to make a round of drinks wearing absolutely nothing at all.

David believes that the emotional nudity has helped them all link nakedness and openness, so well done everybody.

It turns out that, since the experiment, turnover has increased massively and the company is having its best year ever.

So then, who's up for it? We could even do a charity calendar. Oh, it's just me then.

Lancashnire Telegraph.

TREEHUGGERS: Erika Biddle (l) and Lucy Carleton pose for a calendar to raise money for environmental causes. (Photo: Richard Watherwax/Courtesy of 2010 Women Sustaining the Earth)

Eco-activists go nude

To raise money for the environment, 15 "mature" women in Florida pose nude and show off their ageless beauty.

by E.B. Solomont

A group of "mature" environmental activists in Florida took off their clothes for a fund-raising calendar that reflects their "ageless beauty."

Fifteen models for the 2010 Women Sustaining the Earth calendar – ages 44 to 78 – posed around the Florida Keys, according to The Miami Herald. So far, they've sold 500 calendars, raising $8,000 for the Green Living & Energy Education's community garden.

Organizer Erika Biddle said she was inspired by the 2003 movie "Calendar Girls," a true account of older British women who pose nude for a calendar to raise money for a friend with leukemia. Biddle's Earth calendar was printed on chlorine-free, recycled paper and used soy inks.

The calendar was photographed around Florida, with a steady supply of champagne on hand to calm the models' nerves. Each month's photo features a corresponding quote.

With the calendar sold out, Biddle says she is having more printed to meet the growing demand.

"It took a while to get used to the idea," said Shirley Freeman, 74, a former mayor and commissioner of Monroe County. "This is a different side of me I really never have explored. And," she said, "it's for a good cause."

excerpt from Mother Nature Network: www.mnn.com

"Why has the guy on the skateboard got a helmet but no pants?" comments one astute observer to this New Zealand Naked Bike Ride Day picture.

Naked cyclists given helmet warning

by Tom Phillips

Two naked men who were stopped by police while on a late night nude bike ride were allowed to go free – on the condition that they put on helmets.

"They were wanting to experience total freedom," said Senior Constable Cathy Duder, who stopped the pair about 10 p.m. on a recent night in the beach resort town of Whangamata, New Zealand.

She told them: "You may experience total confinement. You should head home and get helmets."

The duo turned tail and headed directly back to their house, Duder told The Associated Press. She said she did not see them again during her shift, and it was not known if they donned helmets and resumed their ride.

Public nudity can attract a charge of offensive behavior in New Zealand, but Duder said she cut the two men a break.

"It was dark and there was no one else around. They were jovial young men who had not intended to cause offense," she said.

She described the two as "happy young men in their mid-20s ... they appeared to be as sober as two judges."

The December 7 encounter, which has only just come to light, probably signaled the start of what Duder described as summer hijinks in Whangamata, a popular surfing and holiday getaway where partying is common during Christmas and New Year season.

www.metro.co.uk

Spencer Tunick comes to Akron to photograph nudes in winter

December 29, 2009, AKRON, Ohio — Models for photographer Spencer Tunick typically must get naked in public. His latest subjects have had the added challenge of stripping down out in the Ohio winter.

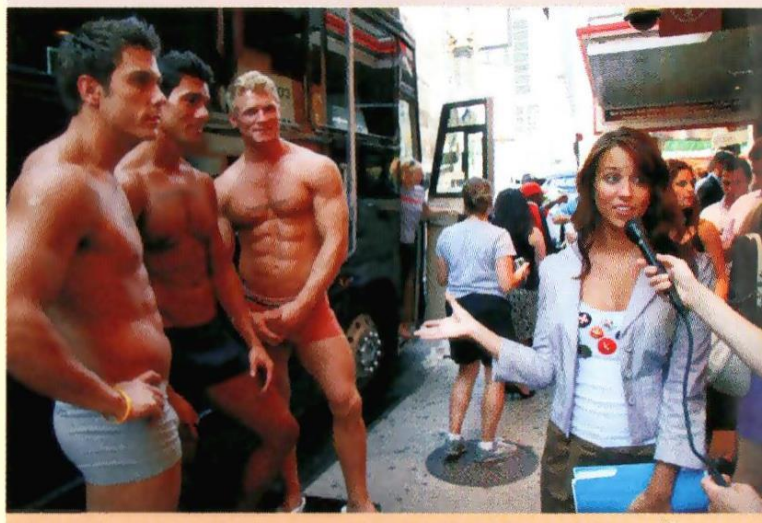
Amid snow and temperatures in the teens, a man and a woman shed their clothes for Tunick's art Monday morning near downtown Akron, at a construction site and a wooded area by a restaurant.

After posing nude for five photos, model Jen Maurer said she could not imagine what it was like to go down in the icy water on board the Titanic.

The holidays brought Tunick to northeast Ohio because his wife is from Akron. He says he enjoys shooting people naked in industrial cities because of the "beautiful contrast."

The artist is best known for his photos of large groups of nudes in public spaces.

– Associated Press



"Well, our bus tour didn't get the new body scanners so, to be safe, I'm handling this manually!"

Underwear bomber initiates new security measures

The recent U.S. airline bomb plot has renewed calls for body scanners to be introduced in European airports, but uptake of the technology is limited due to privacy concerns.

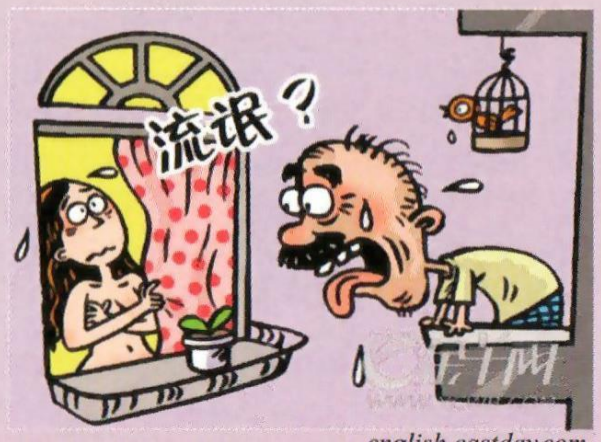
However, authorities at Schiphol airport in the Netherlands, where the would-be bomber boarded his flight with explosives packed in his underwear, plan to make body scans mandatory following a green light from the EU institutions.

Home nudists asked to cover up

China – Wang Nian and his wife practice nudism – at home. Their neighbor, Liu Hanqing, sees things differently.

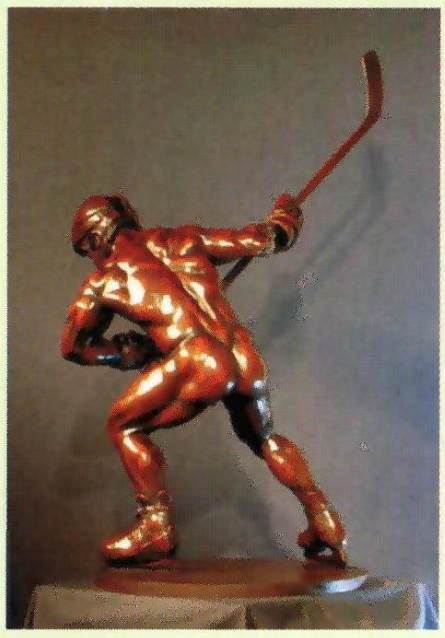
After noticing Wang's wife wander out onto her balcony naked, and then learning the Wangs never wear clothes at home, Liu complained to the local community committee, saying the Wangs were corrupting public morality.

The Wangs agreed to be more modest, but said they were befuddled by Liu's complaints.



english.eastday.com

Nude hockey sculpture at gay Olympics venue



Jan 5th, 2010 by Jim Buzinski.

A bronze sculpture of a nude hockey player taking a slap shot, that fuses the modern with the ancient, will greet visitors to the gay meeting place at the upcoming Winter Olympics in Vancouver.

Gay Whistler, which will sponsor PRIDE house at the ski resort during the Games, secured government grant money for "Slapshotolus," a piece by Edmund Haakonson. Dean Nelson of Gay Whistler described the meaning of the sculpture:

It is a symbolic expression of the concept that one who lives a life of noble ideals does not require protection, does not need to cover because there is nothing to hide. Haakonson has taken a Classical Greek image that is an expression of this ideal and given it a 21st century make over, a modern face. It is a connecting of the ideals of the ancient sacred games and the ideals of the modern Winter Games. In the process of the production of this work, Haakonson discovered a strong resemblance between the pose of a hockey player drawn back to take a slap shot and the pose of the ancient Greek sculpture, the Discus Thrower, which increases the connection between ancient and modern.

Excerpt from: outsports.com/jocktalkblog

Nudists endorse full body airport scans

The American Association for Nude Recreation (AANR) has officially endorsed the deployment of full body scanners in major US airports.

AANR Executive Director Erich Schuttauf explained that the issue had to be put "in its proper perspective."

"A trained security professional in a remote monitoring station takes a few seconds discreetly screening passengers to be sure they're only bringing what nature gave them aboard," explained AANR Executive Director Erich Schuttauf.

"In exchange for safer skies, AANR believes it's completely worth it. But you don't have to be a nudist to agree these measures are based on common sense."

According to Schuttauf, approximately one in five North Americans have admitted to conducting skinny-dipping forays in mixed company.

"So if travelers just think of the screen as a virtual skinny-dip, something regarded as American as apple pie since before Norman Rockwell, everyone wins in the name of better air travel security.

"And as an added bonus, you can add the experience to your 'bucket list' as a virtual dipping of one's toe into taking a Nakation – that's a nudist vacation!"

www.tgdaily.com/trendwatch

Pasco nudist resort resident protests sex parties

by Jodie Tillman, Times *Staff Writer*

NEW PORT RICHEY – It was time for public comment at Tuesday's Pasco County Commission meeting, and a man in a suit came forward with complaints about his gated community.

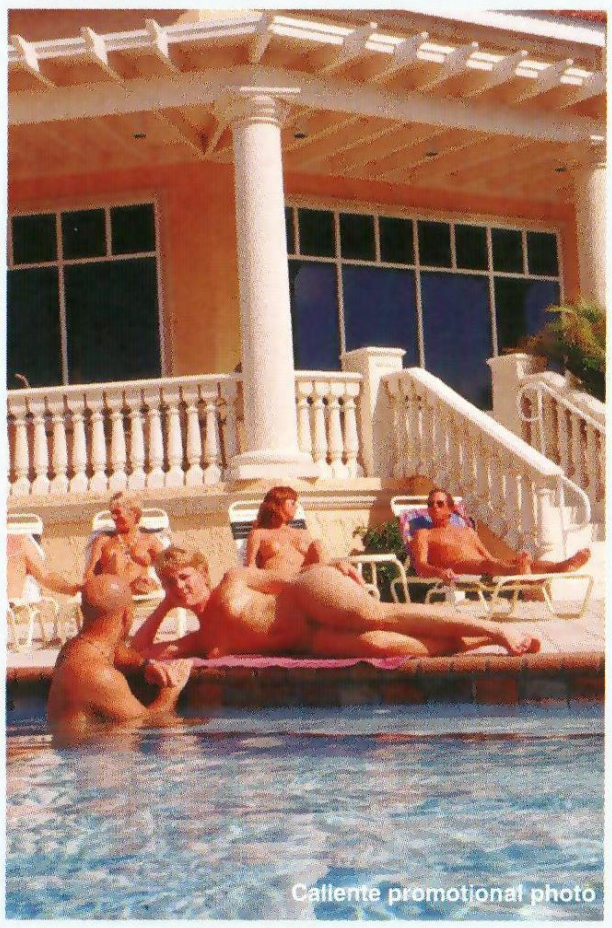
On his list: Porn star-themed party. Sex and marijuana at the community pool. Swinger guests.

Name and address for the record? Richard Klos, a resident of Caliente Resorts, a clothing-optional resort and residential community in Land O' Lakes.

"I really do believe this'll be a national story," Klos told commissioners. "This is the first time a major resort is being dedicated strictly to sex."

Complaints by nudist homeowners about sexually themed parties sullying Caliente's reputation are nothing new. Back in 2008, some residents began complaining about the resort events, some of which were put on by outside "lifestyle" or swingers groups, with the blessing of Caliente.

American Association for Nude Recreation suspended Caliente's membership charter, and the resort later pulled its affiliation.



And the parties – from "Naughty School Girl Camp" to "Sinful Seduction" – have continued.

Excerpt from posting by www.tampabay.co

Eric Navickas, a City Councilor in Ashland, Oregon, opened the MAda Shell Gallery where people paid one dollar to throw a shoe at President George Bush.

Against nudity ban, Ore. gallery takes it all off

ASHLAND, Ore. — A city council member in an Oregon town noted for its Shakespeare festival and its occasional dustups over public nudity plans a showing in his art gallery of nude portraits and conceptual art involving naked people.

For gallery-goers as well, clothing will be optional — even though it's winter in Ashland, a small college town on the California border

Council member Eric Navickas is opposed to a possible ban on public nudity in the town. Nudity is legal in Ashland, except in the city center and public parks, where people are required to cover their genitals.

"We feel that the nude ban is not only an attack on freedom of expression but also an attack on the human body itself," Navickas said. "We wanted to have a show to celebrate the nude body and differentiate the nude body from anything indecent."

The ban was proposed after two men were spotted walking naked near schools. The council is to vote next month on the issue.

Navickas said he is willing to compromise and ban nudity within 200 feet of school zones. His partner, Amy Godard, said the two are interested in dialogue not controversy.

"It's not like we're trying to polarize anything," she said. "We're trying to pay homage to the nude, which is a strong tradition in the arts."

Open about a year, the gallery made news early on with an exhibit that allowed patrons to pitch paint-covered shoes at a large portrait of former President George W. Bush. The gallery owners called it a "statement of solidarity" with an Iraqi journalist arrested after throwing shoes at him.

The nudity exhibit is scheduled Jan. 29 to Feb. 5, Godard said, and patrons may participate by baring themselves.

"We'll have heaters going," she said. "I know it's at the end of January, but it will be warm in there."

Information from: The Ashland Daily Tidings, http://www.dailytidings.com

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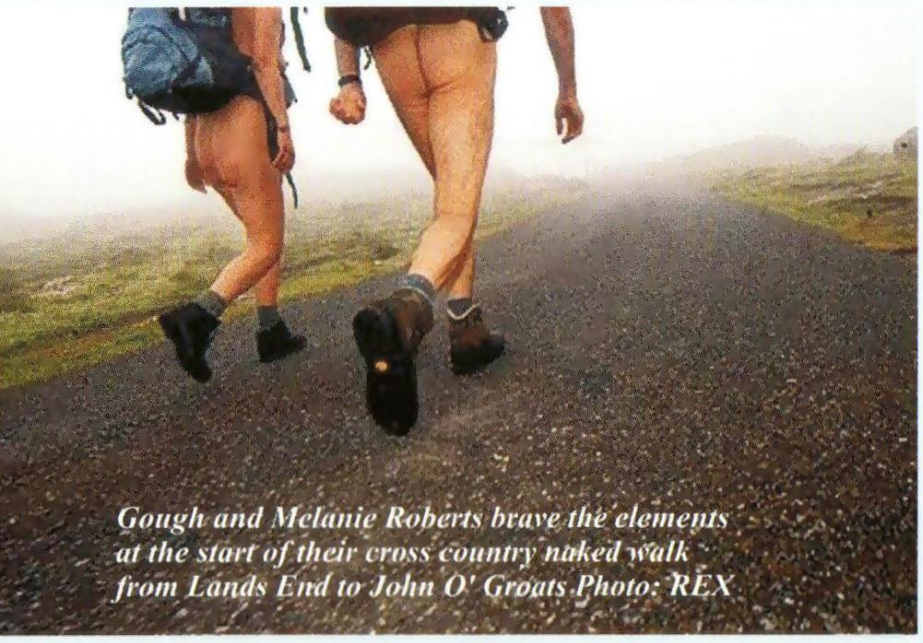

Gough and Melanie Roberts brave the elements at the start of their cross country naked walk from Lands End to John O' Groats.Photo: REX

The Naked Rambler is a brazen affront to the great undressed

The antics of the so-called Naked Rambler have focused unwanted attention on naturism, which was established to celebrate innocence and freedom, says William Langley

by William Langley

Jan 16, 2010 – As tough choices go, the one facing Stephen Gough at Perth Sheriff's Court last week shouldn't have required too much thought. Essentially, it came down to this: either Mr. Gough puts his trousers on, or he spends the rest of his life in jail.

"I very much hope that you will agree to get dressed and return to your warm home," Sheriff Lindsay Foulis told the 6-ft 4-in ex-Royal Marine, popularly known as the Naked Rambler. But from where Mr. Gough was standing – completely starkers in the dock – the issue wasn't that simple. Insisting that his habit of wandering the nation's roads wearing nothing but hiking boots and a hat was "reasonable," he turned down the sheriff's offer, and, upon leaving court, was promptly rearrested and charged with breaching the peace.

If the icy winds of the Pentland Firth, the entreaties of his own mother and the regular privations of jail can't coax Gough back into his clobber, it is highly unlikely that anything can. Yet before we succumb to his fuzzily principled talk of fostering freedom and tolerance, or append him to the glorious tradition of British eccentricity, it is worth asking what cause, if any, Mr Gough, 50, represents.

The naturist establishment has disowned him, the "human rights" crowd have given him the brush-off, and he has, so far, cost the long-suffering British taxpayer around £500,000 in legal-aid fees, court expenses, and the costs of keeping him – largely for his own protection – in the isolation wing of a Scottish prison. John Goode, his former lawyer, says the bill can only keep rising as every time he is released, he is immediately taken back into custody, charged, prosecuted and returned to jail. "It is a kind of Mexican stand-off," says Mr Goode. "Neither side is willing to blink first."

Since setting off on his original ramble, from Land's End to John O'Groats in 2003, Gough has (if only in a manner of speaking) had his collar felt at least 20 times. The walk was, nevertheless, completed, as was a second in 2006 – this time in the company of his equally denuded girlfriend, Melanie Roberts. But later that year, Gough was arrested at Edinburgh Airport after removing his clothes during a flight from Southampton, and has been in jail north of the border pretty much ever since.

Such demands as there have been to set him free remain muted, and reflect the feeling of Britain's million mainstream naturists that full-frontal footslogs around the public byways of places like Newquay and Carlisle fail to advance the cause.

"Real naturists are respectful of the feelings of others," says Andrew Welch, a spokesman for the Central Council for British Naturism. "We can't support Steve Gough's actions because they're regressive and damage the image we try to promote." Vince Bethell, the founder of a more militant nudity-advocacy group, Freedom To Be Yourself, is equally scathing, describing Gough as an "attention seeker using public nakedness to feed his ego," and darkly suggesting that the ex-Marine – whom he once advised – is a sexual exhibitionist.

Naked Rambler case prompts us to consider the question of why stripping off in public remains such a taboo.

Yet for all its unsightly complications, the Naked Rambler case prompts us to consider the question of why stripping off in public remains such a taboo. And why, in greater or lesser ways, so many people continue to do it anyway. Anthropologists disagree on when humans first started wearing clothes – 100,000 years ago seems a reasonable guess – but broadly concur that for 99 percent of our history, nudity has been the norm, and that dressing for the sake of decency is an almost wholly modern phenomenon.

The early Christian moralists appear to have made the first connection between nakedness and sin, dwelling in particular on the "shame" felt by Adam and Eve at the realization of their nudity in the Garden of Eden. Centuries later, as Europe grew, prospered and expanded its reach, nudity came to symbolize the primitivism and savagery of the rest of the world, and by the mid-Victorian era almost any display of flesh, especially by women, was frowned upon. "The naked body," wrote Kenneth Clark of Civilisation fame, "ceased to be a mirror of divine perfection and became, instead, an object of humiliation."

Thus established, the obligation to wear clothes has proved fiendishly hard to overthrow. Laws against public nudity exist in virtually every country, and while the French, Germans and Scandinavians are generally said to have fewer inhibitions than most, history shows that it is the British who have the greatest readiness to gerremoff.

The world's first naturist club was founded by Charles Crawford, a British circuit judge serving in Bombay under the Raj in 1891. Faithful to its motto Vincat Natura ("Let nature win"), the club required its members to be stark naked at all times, with exceptions made only for wedding rings and false teeth. At the start of the 20th century, the Germans briefly took up the running with the publication of a celebrated series of philosophical papers on the benefits of nudity, written by the social reformer Dr Heinrich Pudor. But the rise of the Nazis effectively drove the practice underground, while Britain's naturist clubs flourished, leading to the launch in 1932 of Health and Efficiency, the world's first naturist magazine.

Today the Central Council for British Naturism employs a parliamentary adviser, a commercial manager and a media consultant. It oversees the activities of more than 70 individual clubs, and says that the habit has never been more popular.

To its core devotees, however, the appeal remains just what it always was – the heady sense of freedom, innocence and communion with nature. Feelings, they suspect, that were never fully savored by Mr Gough, as he rambled around the country scattering old ladies and proclaiming his "right to freedom of expression."

Now, with nowhere left to ramble, and the prospect of indefinite detention hanging over him, he sits in his cell – bare not only of clothes, but of arguments.

telegraph.co.uk

See related story in "The Rear" section of this issue.

British Naturism *"Nothing's better"*

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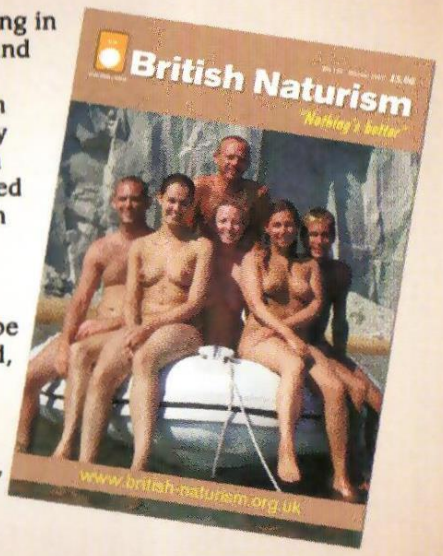

Naturist holidays in the UK? Nothing's better!

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BN magazine is published quarterly and is available to overseas subscribers for an annual payment of £21.00 or €30/US$42.00 (Europe) and £27.00 or €37/US$53.00 (Rest of the World)

LOOKING CHEEKY: Things got interesting on the Otago Central Rail Trail last weekend as a group of naturists ditched their clothes in favour of cycling the trail nude.

Biking in the buff

By Gavin Smith

New Zealand, Jan 13, 2010 – There was certainly a lot of cracking up, and only a tiny bit of frowning, when a group of naturists hit the Otago Central Rail Trail in the weekend.

And while enthusiastic naturists describe their lifestyle as the way to improve health and well-being, naturally, it must also help them cope with the cold, as the weekend weather was anything but summery.

However, the cold did not deter the group of almost 30 naturists, aged from 12 to 80, shed their clothes, uncovered their goosebumps, and wearing nothing but a smile and a crash helmet, set out to ride the trail.

Belonging to one of the 20 clubs affiliated to the New Zealand Naturist Federation, the riders, who came from as far as Kerikeri, were pleasantly surprised at the reception they received from others riding the trail.

The federation's communications officer Glenne Findon, from Napier, said only one woman, who was accompanied by a group of children, muttered "disgusting" as she rode past, while a man at the tail of the group pursed his lips, and stared stoically ahead.

Everybody else was cheery and friendly, she said.

"Being a naturist is a wonderful, exhilarating, liberating experience," said the 60-year-old.

"You boost your vitamin D (the sun vitamin) and get a healthy tan, naturally and slowly.

"It's good for your relaxation and stress release, and for growing your self esteem and confidence as you learn to love your body."

Initially, and, understandably, people who came to the federation's open days were quite shy and self-conscious, but they quickly saw there were no absolutely perfect bodies, Ms Findon said.

Club activities focused on social activities like walking, swimming, playing sport, or just talking together, she said.

Accepting people as they are was another attribute that came from naturism.

"Stripped of their usual work clothing like a suit, work overalls, or an official uniform, you relate to a person as an individual, and not to some perceived status," Ms Findon said.

Asked where you look when you are talking to a naked person, Ms Findon said it was exactly the same as when you were talking with a clothed person.

"You look at the person's face and eyes. There's no difference in that regard."

As a policy, naturists are keen to exert their right to go naked when they can, but they are also conscious of not giving offence to anybody, she said.

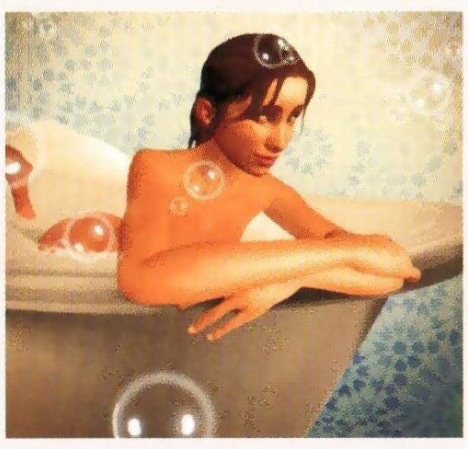
"We enjoy our freedom to go clothes free whenever we can, but we wouldn't turn up naked at church."

The naturists have their own names for people who don't share their desire to go naked.

If you wear clothes, you are a "textile" and those people who go "perving" on nudists at beaches and similar places are called "meerkats."

The Southland Times

Exploring gamers' fascination with nude mods *by John Funk*



From "Nude Raider" to The Sims to Oblivion, gamers have always been interested in getting their characters to take off their clothes – or at least to look like it.

Humans have a weird relationship with our bodies – specifically, our naked bodies. Sometimes, they're illegal ... depending on where you are in the world. They're taboo objects of desire, which explains our fascination with celebrity nipslips. And as Brendan Main explores in Issue 238 of *The Escapist*, they're frequently included in fan-made patches of various games to get us questing along in a sea of naked breasts – though the implementation thereof can sometimes be a bit... odd.

Certain cases reveal a delightful absurdism. Take a game like The Sims, which capitalizes on this dress-up dynamic. You start with little people living out their daily lives. These daily lives might sometimes involve stripping down, at which point the characters' naughty bits are discreetly covered with a blur effect. So a patch is created that removes this blur, revealing featureless Barbie-doll bodies. Boring. Then another patch is invented to dress-up these already undressed bodies with the various bits that the creators omitted. Finally, pictures of this last project find their way online, where some images are re-censored because they think of the children.

Excerpt from The Escapist.com

Image from the book No Nude by Kishin 1 20XX Tokyo.

Japan photographer probed over nude shots on Tokyo streets

TOKYO, Jan 25 (AFP) – Japanese police are investigating celebrity photographer Kishin Shinoyama for indecency after he took pictures of nude models in public locations around Tokyo, police said Monday.

The Tokyo Metropolitan Police Department has sent the case to prosecutors who will decide whether to indict Shinoyama, best known for his nude photo collections of top actresses Rie Miyazawa and Shinobu Otake.

Police charge that Shinoyama, 69, and two models committed acts of public indecency during dozens of nude photo shoots around Tokyo in 2008, including on streets, at the foot of a bridge and in front of a vending machine.

The women, identified by police as "adult video actresses" aged 22 and 26, had posed "in situations that the general public could witness" as they shot the book "No Nude by Kishin 1 20XX Tokyo," a Tokyo police spokesman said.

The photos were all taken between 8:30 pm and 3:15 am in August and September 2008, said police, who raided his studio last year after the book was published.

The maximum punishment for public indecency is six months in jail or a 300,000 yen (3,300 dollar) fine.

Shinoyama's office said he would not comment during the investigation.

The Jiji Press news agency reported that Shinoyama had told police: "I wanted to make a monumental piece celebrating 50 years since I started taking photos, but I lacked consideration."

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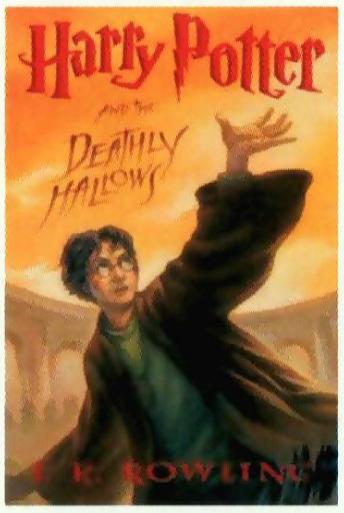
CELEBS

FAMOUS FREE-BODY ADVOCATES

Harry Potter will go nude



Excited teens may enjoy the next Harry Potter movie on a new level as Daniel Radcliffe is alleged to bare his bottom twice throughout the fantasy sequence between him and Hermione in *Harry Potter and the Deathly Hallows.*

Radcliffe has stripped in the past for the stage production of *Equus* both in front of New York and London audiences.

David Yates the producer of the film stated that Daniel has already gone nude in the past, but the trick is figuring out how to present it in line with the film.

The nude scene will occur when Ron Weasley who is played by Rupert Grint will be battling a monster that is trying to steal his attention by showing Hermione and Harry making out. Hermione is played by co-star Emma Watson.

The scene is meant to enrage Ron who at this point in the movie is still in love with Hermione and hurting over the couple.

Later Radcliffe will be exposed in the flesh again when he comes close to death.

Yates added that during the scene in which Harry almost dies he will also appear sans clothing.

Radcliffe has stated in the past that even at a shy age of 20 being naked on stage was not an issue like most people would think it was.

There will be two parts to the upcoming Harry Potter movie with the first due to be released at some point next year.

www.movienewsmovietrailers.com

SEX And The City's maneating star Kim Cattrall looks stunning as she poses semi-naked in a recreation of Titian's masterpiece Diana and Actaeon.

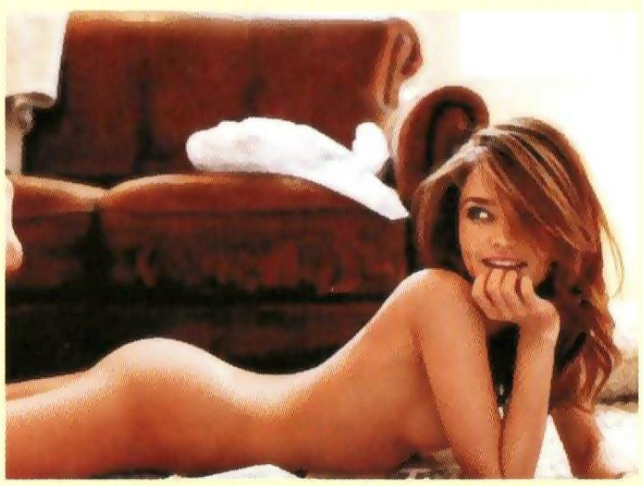
BBC2's The Culture Show challenged photographer Tom Hunter to create a 21st century version of the painting after he backed a campaign to raise £50million to keep the artwork on public display.

The painting shows Actaeon, a mythical Greek figure, while out hunting, accidentally happening upon the secret bathing place of Diana, chaste goddess of the hunt, incurring her fury.

The National Galleries of Scotland and the National Gallery, London, have until the end of the year to raise the total sum to buy it, after which time it may be sold on the open market.

Cattrall, who is from British descent, is a regular visitor to the National Gallery and a huge admirer of Titian's work.

Published: 25 Nov 2008 – thesun.co.uk



Miranda Kerr strips down for nude photos to promote "Kora"

Miranda Kerr LOVES stripping off for some nude pics... in the name of fashion of course! She's done it again, this time to promote her new organic skincare range, "Kora."

The Victoria's Secret angel has branched out into skincare with the skin line, named after a type of meditation from Tibetan Buddhist tradition.

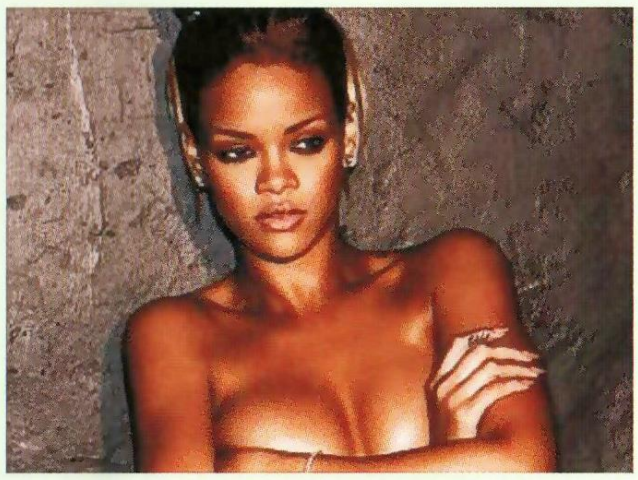
To promote the skin stuff, Miranda decided the natural thing to do of course would be to take her clothes off.

She really seems to have gotten a taste for this, as lately she struggles to keep them on. Like, ever.

Source: thehothits.com

Hugh Jackman nude on private beach

Australian born Hugh Jackman, one of the most sought-after male celebs in the world, was recently spotted at one of his favorite vacation spots, enjoying the water and soaking up the sun naturist style.



Every woman should have nude pictures taken ... An outspoken Rihanna.

Rihanna says all women should be brave enough to have nude pictures taken

RIHANNA believes that all women should be brave enough to flash the flesh in nude pictures.

"Every woman should have naked pictures taken," the 21-year-old singer told *The Sun* newspaper in the UK.

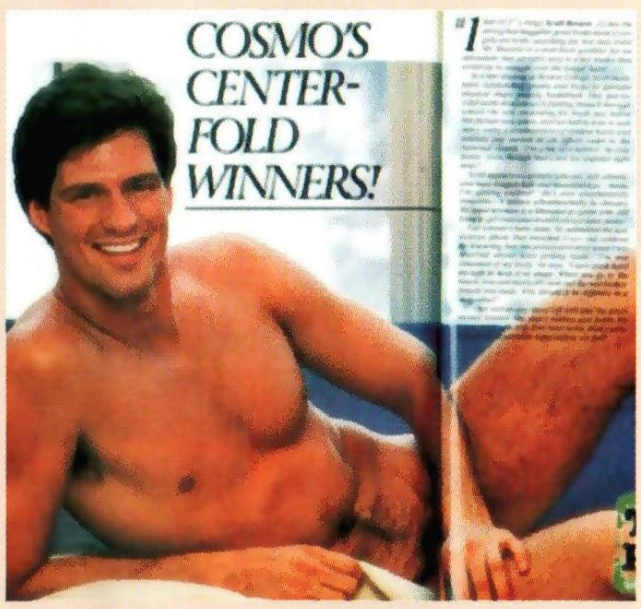
"In five years my body might not look like this!"

"When naked pictures I'd sent to a boyfriend were leaked this year I was so nervous and embarrassed that my mom was going to see them.

"But she reacted in the most surprising way.

"She just sent me a text saying, 'You're an adult now.' Basically saying, 'Welcome to the real world.'

"She says I'm a woman now so I have to handle things like an adult."



US Senator Scott Brown defends posing nude for Cosmopolitan

US Senator Scott Brown has defended his days when he dropped his clothes for the cover of *Cosmopolitan* magazine.

The newly elected Massachusetts Senator said the raunchy photos from his college time helped him launch his public career.

"If I hadn't done that ... I never would have been sitting here with you," the *New York Daily News* quoted him as saying in an interview with Barbara Walters on ABC News' "This Week."

He added: "I was 22 years old there and thrust in the spotlight because of what I did with the Cosmo thing."

The 50-year-old lawmaker even said he would not oppose if his own daughters chose to pose naked and "would leave it up to their discretion."

(ANI)

Great Dane Helena Christensen says she loves being in buff.

Man About Town Magazine.

Why Helena Christensen loves breasts and being in the nude

The supermodel-turned-photographer says her willingness to appear nude in her latest photoshoot is partly down to her Danish roots and partly down to her love of the human form.

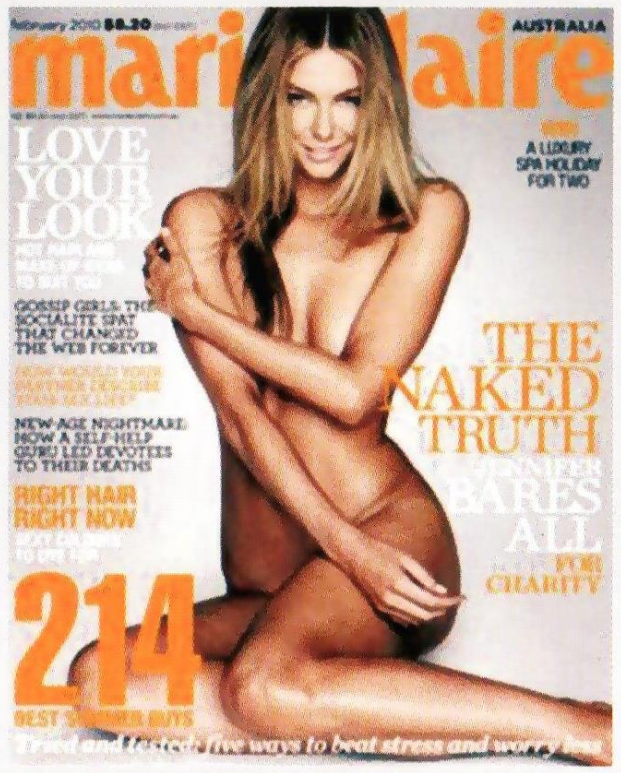
"I have no problems with showing my body," the 40-year-old says. "I'm Danish. Everyone's naked on the beaches. We don't really give a shit." But she doesn't want the shots to be overtly sexual – just in case it upsets her gran!

"I just want the nudity to be in that normal, subtle way because my grandmother is still alive and I want to keep her another 15 years – I don't want her to get a shock!" she tells *Elle* magazine.

And her career behind the camera means the single mother of one can celebrate the human form – and one aspect of it in particular. "I love breasts. I love the female shape," Christensen says.

"It's crazy – you can have movie posters with men with machine guns but, oh, God forbid you show the nipples! That never ceases to amaze me. It's flabbergasting. I can understand if you have your legs spread and you're pushing yourself into the camera – that's sexually erotic. But the sensual contours in the male or female shape? Come on, guys, relax."

excerpt from Elle *magazine*



Miss Universe, Jennifer Hawkins, on body image

Jen Hawkins: nude and Photoshop-free

Sarah Murdoch said no to Photoshop for the cover of *Women's Weekly* recently, and now the gorgeous Jennifer Hawkins has done the same... and she's gone nude to boot!

The Aussie model bares all on the cover of February's *Marie Claire* — with every lump, bump and blemish (not that she has many) free from digital doctoring.

"I'm not a stick figure — I thought it would be great to tell women to just be themselves and be confident," the 26-year-old tells the mag.

celebrities.ninemsn.com.au

THE AFTERMATH

A bruised and embarrassed Jennifer Hawkins soon after spoke out over the nude magazine cover affair over which she was pilloried for being presented as a pin-up girl for women with poor body image issues.

The holidaying model emerged to exclusively tell *Confidential* she only did the shoot to raise money for an eating disorder charity, a cause she said had been lost in the deluge of negative reactions over her photos.

She said she was unaware the images would be used to present her as a woman with "flaws" – believing they were to only promote a healthy lifestyle.

"I don't see myself as a poster girl for body image," she told *Confidential*.

Hollywood Squares

Q. It is considered in bad taste to discuss two subjects at nudist camps. One is politics, what is the other?

A. Paul Lynde: Tape measures.

Desperately seeking naked cyclists

by Theresa O'Shea

On Saturday June 13 we were in Madrid for the Pronudista march – and to enjoy a weekend of culture and street life in the capital. June 13 was, however, also the date for the World Naked Bike Ride and we couldn't miss the chance for a good photo opportunity. Or could we?

As far as we knew, the cyclists were due to pedal off near the Cibeles monument at 12.15 am. I guess we should have got there earlier but Madrid is "mucho Madrid" for one weekend and Guengo had a hard time dragging me out of the many trendy boutiques we passed en route. It wasn't yet midday as we approached the Plaza de Cibeles, but suddenly a hundred police whistles sounded, everybody had their mobile phone or camera at the ready, there was a loud cheer, and the first lot of smiling, body-painted cyclists swept around the plaza. Thank goodness for traffic lights. I ran like crazy, Nikon in hand, chasing the naked and semi-naked riders. Only in my rush I hit the wrong setting on my camera and instead of freezing the action as they whizzed by, I only succeeded in capturing a not-very-artistic blur.

Then they were gone. What a useless reporter I was. I hadn't even remembered to ask them where they were headed. And so our wild goose chase began. To cut a hot and sweaty story short, several uphill slogs and a couple of metro rides later, we eventually caught up with the protestors. Or should I say, I caught up with the protestors, went running after them, and lost Guengo in the process. Oh well, he'd find me sooner or later.

And where exactly were they headed? None other than the square in front of the majestic Royal Palace (the King's official residence), where they laid down their bikes, formed a huge circle, and started the party. There were drums and percussion and water guns, lots of dancing, the occasional pro-bike slogan shout, and plenty of high spirits among the youngish crowd. I snapped away, the sun poured down and I longed to join in. Where was Guengo? "Don't you think you've taken enough photos?" said one of the cyclists, only marginally miffed. There was only one answer to that. "How about if I take my clothes off, too?" I replied. So I did, while explaining about the Pronudista march in the afternoon.

Well, that sure won me friends, thumbs up, applause even. And suddenly everyone wanted their photo taken with the crazy guiri (tourist /foreigner), which suited me just fine. I dumped my clothes under the bike of a friendly cyclist and joined in the dancing and carried on snapping. At last Guengo turned up. He followed suit and together we enjoyed the atmosphere – and the tremendous sense of freedom of being without a stitch on this sweltering day in the capital.

All around on the grassy verges crowds of tourists and Madrileños

gathered, watching and smiling and taking photos, until at last the cyclists started to disperse. First though, a handful of the blokes charged towards a nearby fountain for a shower. Cue the police, who politely but firmly pulled them out and kept everybody else out.

By now it was around 2 pm; time to get dressed and to grab some lunch, before heading back across the city to the Plaza de Neptuno to get naked once again …

Second Pronudista

First we take Madrid...

Theresa O'Shea continued

Pronudista: in favor of nudists, in favor of the right to be nude. I guess that's what we all are. Coined by activists Luis and Isa from the Puntonat shop and bar in Vera Playa (Almeria), in a Spanish context it refers to the constitutional right to be naked in public and the right for nudists to be themselves in an atmosphere of mutual respect. And since 2008, it is the name given to the annual naked march through central Madrid in favor and celebration of nudism.

On June 13, not long after partying with the naked bike riders, Guengo and I made our way to the emblematic Plaza de Neptuno near the Prado museum to meet up with Luis and Isa and the other pronudistas. With the temperature signs showing 36ºC we were only too glad to be stripping off once again. Only now, I have to admit that at first we felt a tad self-conscious. Safety and confidence come in numbers – but unlike this morning's cycle madness we were no more than a handful.

Apart from ourselves and Luis and Isa, there were two nudists from Madrid from the previous year's march, a chap from Suriname who had read about the event on the Internet, and two of the naked bike riders I'd talked to earlier in the day. Nine in total, seven men, two women, plus a friend of Isa's who remained clothed ("I'm an occasional nudist but only at the beach," she told me). Later on we were joined by José,

an active FEN member, and another shy Madrileño who hung on to his shorts and T-shirts.

You might think it strange that we were joined by clothed supporters. But this is exactly what is to be admired about the attitude of so many Spanish naturists. Naturists can be as exclusivistic and intolerant in their outlook as some textiles, but this is not the general "honda" or vibe in Spain. As we were about to leave the Plaza, a couple came rushing up to Luis and Isa, exchanging welcome kisses and hugs. They lived in the same urbanization in Vera and, by coincidence, happened to be in Madrid that weekend. Sure, they were naturists, but in that instance they were "regular" citizens, and it all seemed – as it should be – so normal; going naked in the city, just another option.

By that time, the press and the police had arrived. Both the photographer from *El Mundo* newspaper and the reporter from Tele 5 accompanied us throughout. Both expressed their solidarity with what we were doing. As for the police, they were there not to hassle but to escort and to "protect" us, if needs be, from threats and insults. The chief could not have been more courteous and helpful. He explained the route we had to take – we had a permit for the march – and assured us that their intention was not to interfere in any way. While six police officers to ten marchers seemed a little excessive, their presence was reassuring – at least for newbies like ourselves.

Did we need them? In other words, were insults hurled our way? As we chatted to each other crossing Madrid's broad boulevards and along her busy streets we were not always aware of the reactions around us. But as far as I could see, most reactions ranged from mild curiosity and surprise to amusement, solidarity and genuine interest; though there were also several "It's disgustings!" and "Shouldn't be alloweds!"

it is legal to be nude in public anywhere on Spanish territory!

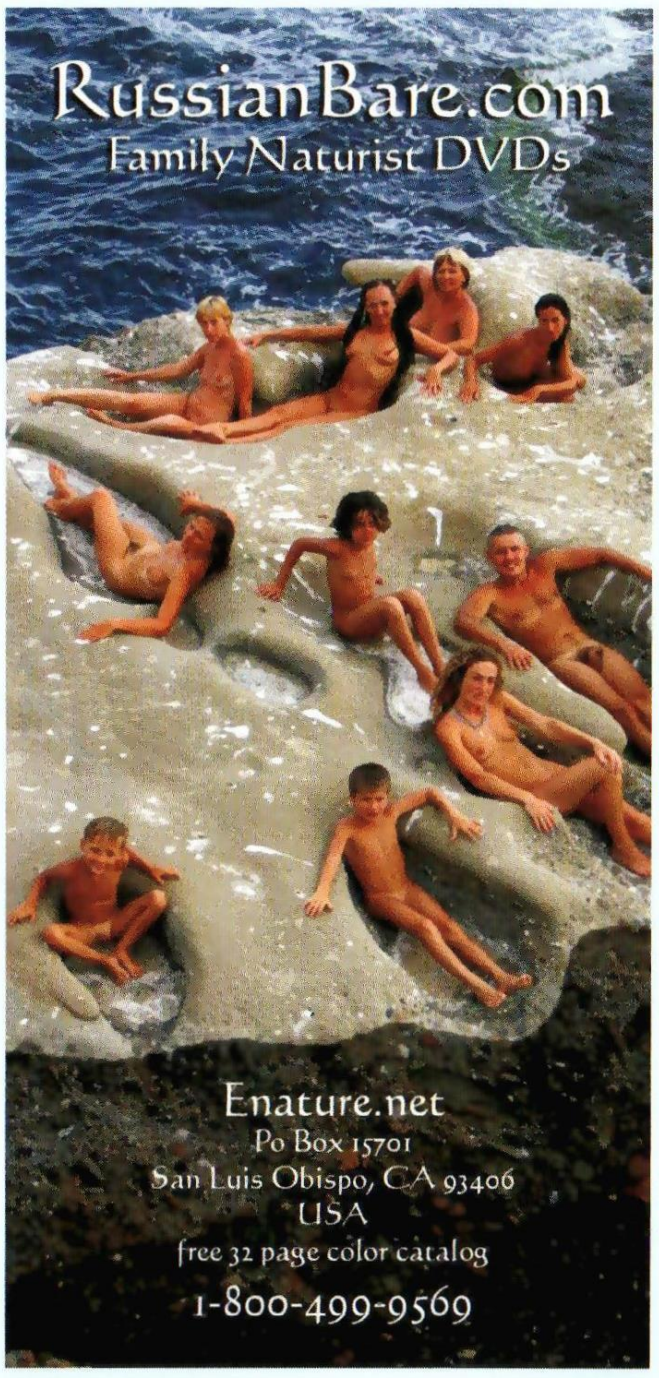
Naturally, the cameras and mobile

phones snapped away ("Oh my," said one tourist, "We don't get anything like this in Texas!") To those who asked what it was all about we explained the legal situation of nudism in Spain and gave out leaflets. By now, I hope I've got this off pat: it is legal to be nude in public anywhere on Spanish territory and attempts by local authorities to bring in bylaws restricting the practice of nudism are unconstitutional. The presence of minors makes no difference, unless there is any suggestion of "sexual provocation." According to Luis: "Society has to start to tell the difference between when a naked person is behaving like any other passerby or like someone about to commit an offense as an exhibitionist." Nail on the head.

This argument, among many others, was expressed clearly and sensibly in the letter that we later handed into Congress on our way to El Retiro. The "lungs of Madrid" (as the park is sometimes called) was as full of life as you might expect on a boiling hot Saturday afternoon: the boats were all out on the lake, the ice-cream vendors and balloon-sellers were doing a roaring trade, and the unfortunate souls buried under Mickey Mouse and Spiderman costumes must have envied us our nakedness. At one point we walked past a group of small schoolchildren and their teachers. The children looked, the teachers smiled, no one screamed "perverts" or went running to the police.

To end the afternoon, we chose a spot under the trees to sit down and relax and to chat about how things had gone and what could be done to get more naturists involved next year. By that time our police escort had left. On two separate occasions, however, we were approached by local police officers. With practiced calm and patience, Luis explained why we were there. Although the time limit for the demonstration had expired, we were in our right to simply enjoy the afternoon like anyone else. On both occasions the police were aware of the law, accepted what we said and went away almost immediately.

At around 8 p.m., we said our goodbyes. In our case, we had spent around six hours naked in the Capital. It had been great fun and it had also felt very natural. With the thermometers marking 36ºC, it seemed clearer than ever to me that nudism is a sensible approach to the weather. Walking through the streets naked may not be something many naturists would choose, but hanging out in parks and gardens, at lakes and reservoirs and at any old beach we fancy, well, who wouldn't want that? The laws are on our side in Spain, and with initiatives like the Pronudista March and the Day Without Swimsuits (July 19), nudist activists are doing their best to make those laws a recognized reality.



Growing our own 'Full Monte' life...

We are Steve & Denise (late 40s & 30s respectively), an English couple who, inspired by our experience at Quinta Da Horta in Portugal in the summer of 2005, dared to follow a dream & begin a new life in a country we'd never even heard of!

Our decision to change our lifestyle was driven by the value we place on happiness. We traded property ownership, working long hours for someone else and regular incomes and opted for a little cash and time & space to be together. This gave us freedom to make different choices. We are practical people – we have limited talents and funds – so we had to choose to do something that played to our strengths and gave us enough money to live on. Our combined talents (cooking, gardening, home maintenance and entertaining) led us to aim for opening a resort of our own. Having enjoyed naturist holidays for over a decade, we knew we also wanted to provide a space where folk could get their kit off in the sun if they felt like it.

The fantasy of running a small naturist resort was a compelling one – the key question was where? We had a comfortable life in the UK but finances were not bottomless. It had to be cheap. Enter a friend of a friend, living in the Balkans for years who charmed us with tales of Montenegro ("Where?!") and the old stone ruin he'd bought there, with stunning views – all for the price of a used car!

A visit to Montenegro (south of Croatia, on the Adriatic coast) confirmed it had all the key ingredients: a long tradition of naturism, a paradise of flora and fauna and all in a Mediterranean climate. We returned to the UK to crunch some numbers and decided to sell up and move out in pursuit of our ideal lifestyle. By May 2006 our house and most of its contents were sold. Remaining essentials were packed into a Ford Transit van. We were homeless and on the road to Montenegro.

We set about clearing the land and uncovering its beauty.

Within a couple of weeks we had found a spacious apartment to rent, made a whole bunch of friends & figured out the essentials (how to ask for a beer in local language!). Finding the right piece of land to build our dream was more difficult. Deals fell through, promises were broken, "dead certainties" failed to materialize and all the time prices kept rising… But by then our love affair with Montenegro was fully developed, and we couldn't think of anywhere we'd rather be.

After 12 months, we finally bought a beautiful chunk of land that ticked all boxes. It had road access; clean papers; and a private and secluded location. It was remote enough to be peaceful and "away from it all" whilst still only a short drive from the nearest naturist beach and major town. It wasn't enough land for us to build a resort big enough to sustain us, but it was a start and after over a year of searching for the right piece of land we were just keen to do something! We set about clearing the land and uncovering its beauty. We built a rough track off the main road as an access route onto the plot for our trusty Transit and that's when the trouble began. Turns out another member of the family owned small strips of land bordering ours and technically we had built across their plot.

What started as a disaster with lots of angry shouting, in fact had a very happy ending. We set up a meeting between our solicitor and the land owner to agree on access rights and smooth everything over and in the middle of the conversation our lawyer turned to us and said "You're not going to believe this. He wants to sell you the disputed land, but only if you buy the other 4,000 square meters too!" It was surreal – this was exactly what we wanted, double the amount of land and all the ownership-access issues cleared up! We were now the proud owners of eight hectares of gorgeous land that included oak woodland, terraced meadows, a natural spring and stream.

Our original dream was for a naturist resort with wooden cabins & a pool. We were getting concerned about spiraling costs when the next disaster struck. The architect working on our latest design saw an early draft of the proposed Adriatic Highway, which showed a motorway and junctions going right through our land! We were devastated. All the checks on the land had been carried out at the point of purchase but this was a totally new twist we could not have anticipated.

With heavy hearts we consulted with lawyers & business people who reassured us that the road may happen but not any time soon & anyway the compulsory purchase deals were generous. Experience had taught us that things move very slowly here but even so, it

Only a short drive from the nearest naturist beach and major town.

was too great a risk to hope we could recoup all our investment & more. Time for a major re-think.

"Camp Full Monte" was born. If someday our hard work would be trashed by a road then let's keep it cheap and simple… a clothing-optional campsite! What we love about camping is its simplicity. All the material trappings of "life" fall away as you erect your simple home, build a fire and then sit around it absorbed by the magic of the flames and the sights and sounds of nature. And this would be no ordinary campsite.

The site was not connected to mains power, water or sewerage so we started thinking "off-grid." By now we got really hooked on the environmental benefits of doing things differently. We researched green technologies, picked many brains, visited green projects & generally went "eco-loco!" We designed the facilities ourselves because there was no local expertise for overcoming our particular challenges. A great builder, recommended by a friend, agreed to take on the job, and in January 2009 the construction finally began.

The first priority was a water tank on the highest point of the land to store the 45,000 liters of water needed to get us through a season. The builders then began work on the structure that would contain toilets, urinals, showers, basins and a communal kitchen area. We had made the big decision to install composting toilets to save water and the foundations of the building had to be built around the 3 large composting chambers that would sit under our loos. Within a week or so of construction, the rain started and did not stop. The land excavation was already problematic: ours is not an easy site for earthmovers to access; the land is mainly clay and hard to shift, and there were some huge rocks to contend with too. But as the water poured off the road onto the land and the clay held the water and the natural springs around the land filled up and flooded, the foundations collapsed and there was a devastating mess.

Mišo, our builder, was amazing. Completely unfazed by the collapse he simply started pumping the water out. He excavated the entire footprint of the building and built a complex framework of wooden shuttering to contain the foundation walls. There were a few other dramas like a wall in the wrong place, but overall things went smoothly and the rough construction phase was completed on time.

Meanwhile we focused on our garden and planting all the soon-to-be vegetables we had lovingly raised from seed. We put together a planting plan putting companion plants together and interspersing with herbs such as garlic, dill & rosemary to prevent disease. Our raised beds are a triumph, lovingly constructed from recycled railway sleepers and we couldn't wait until they were bursting with life. Our compost, home-grown from recycling fruit & vegetable peelings, is the only thing we put onto our soil – no pesticides or harmful nasties in our organic gardens! We watched with wonder as the tiny plants grew strong and flourished.

A week into construction, and the rain came!

Unfortunately, during a short period of absence whilst on a trip to the UK, a greedy cow came to visit… The bed with all the tomatoes, cucumbers & chillies was totally trashed. All the plants were trampled and eaten to within an inch of their little lives. Even more disheartening were the brassicas… little stumps of green were all that remained of the plants we had so lovingly nurtured.

However, we had more urgent concerns. We (the 2 of us plus a dear friend) only had 6 weeks to complete the second fix electrics, the carpentry, the plumbing, the tiling & the painting before our first guests arrived! It was DIY madness – from installing a solar photo voltaic system to building a grey water recycling system from scratch – we did it all ourselves, racing to meet our deadline. There were dramas along the way – the UK shower fittings didn't fit the Montenegro plumbing; the kitchen sink leaked, the solar battery boiled over – and it was like living in some bizarre reality TV show!

It was a joy watching nature repair itself and here's what we ate straight from its earthy bed: sweet corn, lettuce, onions, radish, rocket, beetroot, beans, peas, marrow, garlic, dill, rosemary, coriander, parsley, chives & basil! But a couple of weeks before we were due to open, the greedy cow came back. It waited until we left one Saturday morning. The fence was in place and all the gates were locked so unless it had a key cut during the week we are not entirely sure how it got in! It's possible it was a Ninja Cow and parachuted in! The neighbors had always said the cows come up stream, but with the size of the terraces and stream-side to climb we didn't believe them. Maybe they were right after all…

Our home grown, naturally wrapped campsite was at last more than just a dream…

The brassica, which had made a stunning recovery from the last ravaging, were gone, gone, gone. The tomatoes were properly totaled this time – trampled and most of the fruiting stems munched. We were beyond gutted. The bugger also got to the pear tree that was an anniversary present from our friends – it survived on, but all the pears were gone.

Nothing for it but to pick ourselves up and get on with the task of opening the campsite – however sad the loss, the show must go on! Those last 2 weeks were a blur of frantic activity. Four days before our guests were arriving; we really could not see how we were going to get everything done. The kitchen was simply a shell with no facilities or furniture; the compost toilets were still not operational, neither was the shower; we had not even pitched tents on the actual campsite or used the space at night to see what the hazards and issues were, where the solar lights should go etc. Still, we had come this far, we had to keep trying to move forward. It was time to start scrubbing and cleaning and making good what we had in the hope it would compensate for all the stuff not completed. Amazingly, somehow, we got everything done with literally minutes to go…Even more amazingly, despite all our concerns, our guests did not take one look at the place, turn tail and run.

Phew! We had done it. Our home grown, naturally wrapped campsite was at last more than just a dream and others were enjoying it too…

Read the full story on our blog: www.full-monte.com/blog and check out our website www.full-monte.com for details of the campsite, the eco project and how to join us as a volunteer.

Our first guests!

Bare bodies

AN OAKLAKE TRAILS STORY

By Kristi Eaton

Richard Moore enjoys being nude. He enjoys it so much that he regularly strips down to experience life au naturel. Not only is he shedding the fabric that covers his body, he believes he is also shedding the stresses and hassles of every day life.

"To me, it's kind of a phenomenon," he says. "When you strip off your clothes, you strip off the stress of everyday life, because it is a different feeling. You just don't feel any stress out here. I forget about all my worries, all the bills I got to pay, work... I come out here to enjoy myself... enjoy the people. We all have fun. It's almost like a close-knit family."

Welcome to Oaklake Trails, a family nudist resort of more than 400 acres, in Depew, about an hour southwest of Tulsa. Nestled in the rural, tree-covered land off Route 66, Oaklake offers everything one might expect of a rustic Oklahoma resort true to its roots – camping grounds, cabins, swimming pool, hot tub, horseshoes, and more. The only difference... Everyone is nude, or nearly nude. Women and men, wearing nothing but hats and sunglasses, splash in the pool. A young woman sits outside her cabin in a lawn chair, with nothing on but a look of concentration on her face, reading a book. She waves as fellow nudists ride by on golf carts.

To step foot into Oaklake is to step into an entirely different universe, something the resort prides itself on.

"Like our sign says out there, 'welcome to our world," says Dennis Duncan, an Oaklake staff member who works in the front office. "You can almost feel the difference when you come through the gate."

It's not that the people at the resort are doing anything titillating, they have simply created their own community, one where anyone with an open mind is invited and inhibitions are thrown out the window. (Privacy is a relative term here. Individuals or couples can rent their own cottage that comes with a view of the park's grounds but no blinds. There are separate bathrooms for men and women but no doors.)

To be clear, Oaklake Trails Resort is not only for those going nude. It is a clothing-optional park, meaning, according to Duncan, nudity is "encouraged, but we also accept the fact that some people are shy and maybe a little reluc-

The AANR theme convention held at Oaklake Trails included native American dances, and also Civil War re-enactments.

tant to get into the lifestyle."

However, visitors are required to disrobe if they wish to use the pool or hot tub. Besides those two places, guests can walk around wearing jeans, boots and a parka, if they wish (or, a t-shirt for a man and a thong for a woman, as is most likely the case). Unlike on the other side of the gate, fabric covering any part of the body will garner looks within the resort's premises.

"People are more noticeable if they are wearing clothes because you're definitely in the minority," Duncan explains.

He says social and family nude recreation creates positive body awareness and acceptance. Even if someone is uncomfortable, they can make eye contact with the other person.

"For those folks who enjoy social and family nude recreation, they have a place where they can come and enjoy it and not worry about a ranger coming and tapping them on the shoulder and saying, 'You're breaking the law or you know you're causing a public nuisance' or something to that effect," Duncan says.

For Moore, 53, Oaklake is a home away from home. He first discovered Oaklake Trails on the Internet four or five years ago, he says. "I was looking for something new or different, rather than going out to the lake or a swimming pool or public pool, and I thought about it at the time and I kicked it around and then winter came and I kind of forgot all about it," he explains.

Then, about a year ago, he had breakfast with some friends he had become close to. They asked if he would like to visit the resort. He agreed, and the rest, he says, is history.

"I was here for half a day and I knew I was going to be a member."

"I was here for half a day and I knew I was going to be a member. It just clicked," he says. "By the next day, I knew I was going to buy this cabin. That's how taken I was with it. The lifestyle is like no other."

He didn't realize how much emphasis society puts on clothes, he explains.

"Clothes dictate everything, and no one really notices that until you come to a place like this, and everybody you meet, they don't have clothes on, so automatically you are put on an equal playing level, equal plane. Everybody is equal. I think that's what intrigued me the most. There was, with everyone I met out here, no one who had an attitude of better than them. Everyone was just equal. I think that's what really set it off for me," Moore says, as he sits at a table near the Bare Buns Bistro snack bar. (Hungry nudists need not worry about carrying around change for snacks, as a charge card system is used. As Duncan says, "most people here don't have pockets.")

Moore and his girlfriend stay at the resort every weekend. Sunday nights are hard, he says, because he doesn't want to leave his own community, so he sometimes spends one more night, just to have 12 more hours of freedom from the stress of life.

"The problem is you get out here, you get so relaxed, have so much fun, you forget about all your worries. You just really hate to go back to the norm," he adds.

Friends have not been very open-minded to his way of life, Moore says. He has invited many out to the resort, to experience the same feeling of liberation he enjoys every weekend. Few have taken him up on his offer, though.

"When I tell my friend I joined a resort like this, out here, the first thing that comes to their minds, is, 'oh it's a swingers club,'" he says, adding, "[That] couldn't be farther from the truth. I try to tell them it's not about that, by any means."

But Moore says he understands why some people are reluctant to embrace the lifestyle. "But that's the way we were all brought up, ever since we were little, 'Put your clothes on. Put your clothes on,'" he says, laughing that he's always been "a nudist at heart." Both of Moore's daughters are aware of the life he leads on the weekends, although they differ on what they think about it, he says. His 30-year-old daughter won't discuss nude recreation, which he says he respects, while his 29-year old daughter seems to be fine with his choice, telling him, "That's cool dad. I'm glad you found a place you're happy," he says, noting that he is not ashamed of his choice to be nude and is very open about it.

"I'm not ashamed of it. If I was ashamed of it, why would I come out? It makes sense to me. You're brought into this world nude, you leave this world nude, basically," he explains.
However, some members and visitors are not able to be as open as Moore, so Oaklake is careful about privacy, Duncan says.

"Some people work in careers where their employers don't accept this lifestyle, like the fields of education, politics. They don't want their co-workers to know," he says, adding, "They're not hiding it, they just probably know they'd run into a stone wall if it came out."

To protect privacy, photos and videos are are not allowed without first being granted permission.

One Oaklake member who must be careful about her privacy is Pat, 61, who works at a school as an education technician. Pat, along with her husband Bob, travel from Maine every summer to stay at Oaklake from June to August. The two have been taking part in nude recreation for "a long, long time," according to Pat, although she admits she was reluctant at first. While married to her first husband, she said she never would have done anything like nude recreation, so when Bob told her he was attending a nudist park, she decided to tag along to see what it was all about. She received more stares with her clothes on, she said, and finally made the decision to take the plunge and disrobe.

"I thought, 'I'm going to do it. I'm going to do it.' And I took my clothes off, and it never bothered me," Pat says. "I thought it would, but it didn't. It really didn't."

She adds: "And there are people that are big. I mean heavier women. There's (also) skinny, skinny girls. I mean, nobody has a perfect figure."

Only one of her three children, all with her first husband, know she lives at Oaklake three months out of the year. She says she spilled the beans to her eldest daughter after her daughter visited a nude beach on her honeymoon.

"The only reason my oldest daughter [knows] is because she got married again and she told me, "We went to a nude beach. Don't be mad.' And I said, "I'm not mad. I've been going to a nudist resort forever." says Pat, who hops out of the pool, wraps her towel around her body and sits down in front of Bare Buns Bistro to answer questions. She wears a pink baseball cap and speaks with a distinct Northeastern accent as she explains that she is not keeping her lifestyle choice a secret because she is embarrassed, but because some people are close-minded.

"I'm not ashamed of it. It's just what people think of nudist parks, and that's why I wouldn't say anything," she says, adding, "but if my kids come out and ask me, I wouldn't lie to them."

Business model

More than 200 permanent members, ranging in age from two or three years to 70 or 80, belong to the resort, with about 25 living on the grounds full-time. On average, Oaklake will see about six visitors during the week. The weekends are the big draw, with 60 to 75 singles, couples and families enjoying the au naturel lifestyle.

"It's definitely focused on family values," Duncan says. "The fact is that nude recreation is a wholesome, fun, legitimate, legal way to enjoy yourself."

Visitor numbers tend to flatten out around Halloween, although cold weather is no excuse not to take part in nudity, according to Duncan. "I tell people you aren't a real nudist until you've sat in the hot tub with snow falling on your head," he says, laughing.

Oaklake Trails got its start in 1992, when a group of individuals decided to invest and create their own park after a nudist park near Tulsa closed down. "They'd come out on weekends, clear the trails, clear trees and so forth, and they'd all go back home and go to their jobs, whatever," Duncan explains. Over a series of years the park progressed from land to a campground resort, a progression commemorated in several collages, depicting the changes throughout the years, hung in the clubhouse.

Today, Oaklake Trails Naturist Park covers 440 acres, 60 of which are developed. A pool, hot tub, clubhouse, pavilion, volleyball court, playground, shuffleboard and fire pit make up the tenting and picnic area, and RV sites surround the area. Several trails lead hikers into the outlying meadow.

Although Oaklake prides itself on offering nudists a safe haven for their lifestyle, Duncan notes that it is also a business. "We're a legitimate, recognized business. The Stroud Better Business Bureau and Sapulpa [Better Business Bureau] all recognize us as being a viable business enterprise," he says. He adds, "We're here to provide people the avenues to come out and

AANR Convention photo

relax, but we''re also here as a business." That business includes a nine-member Board of Directors, stockholders and officers, as well as an S corporation designation, and is one of more than 270 clubs and resorts affiliated with the American Association for Nude Recreation. AANR, which boasts more than 50,000 individual members, is, in turn, a member of the International Naturist Federation, which holds a World Congress every two years.

In 2003, U.S. Rep. Mark Foley (R-FL), who resigned from Congress in 2006 after allegations surfaced he sent suggestive emails to teenage boys, expressed outrage after reading a *New York Times* article about one of AANR's youth camps, saying the camp was exploiting kids for money.

Naked bodies = sex?

But contrary to common misconceptions, sex is not part of the experience of Oaklake, and sexually explicit behavior is not allowed at the resort. "Nudism is the shedding of clothes, not our morals," the guidelines, given to every visitor, state.

"For the most part, it is like any other park or RV, but it is unique in the fact that people are nude," Duncan says. All guests undergo background checks, he says, as a way to weed out serious offenders who have a history of violence or sexual abuse, and guests must buzz into the front office before they are allowed on the premises. Minor offenses like a speeding ticket are not a problem, he says.

Duncan normally sits in the front office nude, but as a courtesy, he is wearing an Oaklake Trails nude run t-shirt, shorts and sandals, as he explains how he conducts his own screening of potential visitors.

"You can almost tell what the intent is," he says of phone callers. "You can tell if they are an enthusiastic camper, or if they're just someone who thinks they are going to come out and gawk at nude bodies."

If he thinks someone is interested in the resort purely for a wow factor, he begins by making sure they know Oaklake Trails is family oriented and "behavior not requiring an apology is expected of everyone."

People can file grievances if they wish and a membership committee ultimately decides what happens.

"[The grievance is] heard and it's listened to, so we maintain minimal law and order, but we don't want to make this a park of rules. 'Don't do this. Don't do that.' People come up here to have a good time," he adds.

A few times people have had to be told not to come back, but the front office screens pretty well, Duncan says.

By law, Oklahoma citizens are allowed to take part in nudity in the privacy of their own home or a secured property, as long as it is not in the public eye, says Lt. Wayne Williams of the Creek County Sheriff's Office, which has jurisdiction over Depew. He adds that guests could be cited for indecent exposure if they leave the Oaklake premises nude.

During his more than 10 years at the Sheriff's Office, Williams says he only remembers one time when an Oaklake visitor was arrested for "nudity issues." Besides that, nothing, he says.

"They're pretty quiet," he says, adding that most calls to the Sheriff's Office from the resort are regarding vandalism or larceny. That's not to say that normal body reactions don't occur with the abundance of bare skin. It's inevitable, Duncan says, and that's one reason why every visitor to the resort is given a towel to keep with them at all times. The towels are also used when sitting on any chairs or benches for hygienic purposes.

Sitting on his towel at another table in front of the Bare Buns Bistro, Jerry Randall smokes a cigarette and explains why he decided to visit the resort for the first time. "There's just something about walking around not having to worry about how you look, what people think of you," Randall, 46, says, adding that he has always been able to separate nudity from sex.

Being a female made Pat, the education technician from Maine, more resistant to stripping down the first time she visited a nudist camp, she admits.

"I think a lot of people with nudity, people think there's a lot of stuff that goes on. At first, when you first start, you think that. But it's nothing like that, nothing."

When she's at the campground, she says she doesn't even notice the other naked bodies, adding, "When you come in you have clothes on and people kind of stare at you, but the minute you're here and take your clothes off, I don't know. It's just relaxing. It's just nature. It's just real comfortable. Everybody here is just so friendly."

Oaklake's time to shine

Oaklake took center stage on Aug. 10, when nudists from near and far converged on the grounds for the 2009 AANR convention, a week-long event where the resort's parent organization discussed business, elected officers and received member input.

A large part of the convention, Duncan says, is the opportunity to meet and spend time with other nudists from across the country. He says Oaklake was awarded the chance to hold the convention two years ago and is proud of the chance to show off the resort.

"It's our chance here at Oaklake to showcase our park. A lot of times these conventions are held on either coast, down in Florida, at resorts probably a little less rustic than we are," he says. "So a lot of our conventioneers are in for a real treat because they're used to going in and seeing fancy restaurants and high-rise hotels. It's still a nude setting. But this is nude camping to me." Last year's event was held in Turtle Creek, Mich., he notes.

From the beginning to the end of the week, 400 to 500 people were expected to attend the "Celebrating Our Heritage" themed convention, which recognized Native Americans and included a performance by a Native American dancer and Civil War re-enactment, Duncan said. Also, a wedding vow renewal ceremony was offered at the resort's chapel, used for non-denominational church services.

On July 11, Oaklake participants helped set a new Guinness World Record for skinny dipping in North America. At 2 p.m. "Central Nudist Time," nudists from across the United States and Canada jumped, plunged and dove into pools and oceans bare-skinned.

Through events like these, Duncan says stereotypes about nudists are slowly diminishing.

"You know, we're no longer referred to as a colony. We're nudist, not lepers," he says.

AANR's "Celebrating Our Heritage" theme convention, which included a performance by a Native American dancer

RAW FOOD NUDE

by Theresa O'Shea

Not long ago, I came across a news snippet about La Cascada, an international raw food community living in the hills in the northwest of Málaga. A retreat for those looking to escape addictions of all kinds, the center offers free board and 100 percent raw food in exchange for work. Raw-curious visitors are also welcome and various rustic accommodation options are offered. According to the group's website, "Nudism is allowed, but it is not an obligation. It is a positive way to improve our health." A number of photos on the website show members/visitors bathing naked in natural pools, climbing on rocks and relaxing in the finca. Though I'd read something about raw food diets before, a nudist element had never been mentioned. I was intrigued and set out to trace the connection.

What is raw foodism?

Raw foodism means different things to different people. Some raw fooders eat raw fish, meat, eggs and unpasteurized dairy, but most – like the Málaga community – seem to follow a raw vegan diet. In that diet are organic fruits, vegetables, dried fruits, plant oils, seeds, and sprouted whole grains and legumes – none of which may be heated above around 105° F (this varies slightly according to different forms of the diet). Out is everything else. The basic theory is that cooking food (and irradiating or pasteurizing it) destroys the natural enzymes needed to aid proper digestion and absorption of nutrients. "Dead" food makes us feel sluggish and bloated and prone to illness. "Living" food gives us energy and keeps us trim and in optimum health, preventing and curing not only everyday ailments but even, it is claimed, more serious ones.

Food preparation may be as simple as peeling, chopping and combining. Other processes, like sprouting beans or

soaking grains (to make them digestible), are more complicated and time-consuming. To produce fancier fare, chefs will need a blender, food processor, juicer and dehydrator – a device that transforms raw food into dishes with the taste and texture of cooked foods. Gourmet raw food recipe books – check out Raw by San Francisco-based celebrity chef Juliano – boast a wide variety of truly sumptuous-looking creations.

Modern fad or ancient wisdom?

Here we go again, yet another dietary fad out of Hollywood. Media-savvy raw food gurus write best-selling "uncook" books, set up Web sites, appear on TV chat shows, and open gourmet restaurants, which are then endorsed by the rich and famous. Fans of the diet include Demi Moore, Nicole Kidman, Woody Harrelson and the 47-year-old model Carol Alt, who has written her own (omnivorous) raw recipe book. While the rest of us struggle with our busy schedules to prepare any kind of home-cooked food, all of these celebrities, no doubt, have their own chefs and organic-food shoppers.

Sure sounds like a fad, and yet for many raw fooders, including the founder of La Cascada, Baltasar Lorenzo, the raw vegan diet is the most ancient and natural way of eating on the planet. Up until around 400,000 years ago, eating raw food was the only option. Our nearest relatives, the bonobo chimps, with whom we share 99 per cent of our DNA, are still frugivores. Man, however, discovered fire and cooking – and it's been downhill ever since. Our Stone Age ancestors may have only lived until they were 30 but, the argument goes, they were eating what their bodies were designed to eat and living in harmony with nature.

Naturopathy and Wandervögel

If this sounds familiar, perhaps you've heard of the Adamites, a religious sect that flourished in Holland and Germany in the Middle Ages. These communities strove to recreate the conditions of the Garden of Eden, living as Adam had done: going unclothed, worshipping nature and living on a fruitarian diet. In the 19th century, Germany was also where the hygienist and naturist movement originated with its emphasis on hydrotherapy, heliotherapy, outdoor communal living, nudism and vegetarianism – which frequently meant or included raw veganism.

By 1900, Germany was the most heavily industrialized country in Europe with more large cities than the rest of the continent put together. The emergence of new natural healing methods and the growth of youth movements were reactions to such rapid and accelerated industrialization. Books that advocated nudism and healthy living, such as Richard Ungewitter's *Die Nacktheit* (Nakedness, 1904) became bestsellers overnight. Then there were groups like the Wandervögel (literally "migrant birds"), whose numbers reached as many as 50,000. Aged 14-18, these bands of youths hiked and camped and played music and both sexes swam nude together in rivers and lakes.

Nature boys

The USA also had its alternative health movement. In the early 1800s, Sylvester Graham (of the Graham cracker) advised a raw food diet in his book *Lectures on the Science of Human Life*, while James Caleb Jackson (inventor of the first breakfast cereal) ran the country's first successful health spa, serving raw and lightly cooked vegetarian meals. But it was the influence of the German émigrés and their ideas that did the most to promote a more radical "back to nature" lifestyle – one that included raw foodism and nudism. This influence, argues Gordon Kennedy in his fascinating book *Children of the Sun*, ultimately paved the way for the later Beat and Hippie generations.

Among the tens of thousands of Germans who immigrated to the land of opportunity between 1895 and 1914 were Dr. Benedict Lust, the "father of American naturopathy," and Dr. Carl Schultz, the leading light of naturopathy on the West Coast. Then there were individuals like John and Vera Richter

who opened the country's first raw foods cafeteria, the Eutropheon, in Los Angeles in 1917. Less "structured" were proto-hippies like Bill Pester, who left Germany to dodge the draft in 1906. Pester and the so-called "nature boys" took to the roads, hitching rides, wandering naked through the mountains and canyons, living off fruit and berries and sleeping in caves and trees. Most ended up – where else? – in California, center of the counter-culture of the 50s and 60s.

Back to the future

Today, while you don't have to be a nudist to be a raw foodist, the link between the two remains. And not just at La Cascada. Raw Food Planet, the online *Worldwide Raw Food Lifestyle Directory* lists links to naturist associations and nude travel guides, and it is clear that at many holistic centers and raw food retreats nudism is an option. Interestingly, Daniel Johnson, co-founder of World Naked Gardening Day and World Naked Bike Ride is an advocate of both social nudity and raw food. He is the founder of Raw Exuberance, a holistic, raw lifestyle community in Seattle.

More raw

Fascinated though I am by the concept of "living" food, I shan't be throwing away the frying pan just yet. You don't need to be a nutritionist to figure that eating mostly raw would be highly restrictive, that you might not get enough protein, that you'd need to spend half your life in the kitchen/garden/healthfood store to eat a varied and balanced diet. "Mainstream" health experts point out that some foods, like tomatoes, only release their cancer-risk-reducing nutrients when they are cooked. They also argue that our bodies already have natural digestive enzymes and that fewer vitamins in food are destroyed by heat than people realize.

They do agree, however, that increasing the amount of raw fruit and vegetables we eat can only be a good thing. Scientific research shows again and again that diets rich in fruit and vegetables can lower the risk of heart attacks and certain kinds of cancer. According to the U.S. Department of Agriculture's 2005 dietary guidelines, we should split half our plates between grains and a lean protein source, like lean chicken and fish – and fill the other half with raw (or lightly cooked) vegetables and fruits.

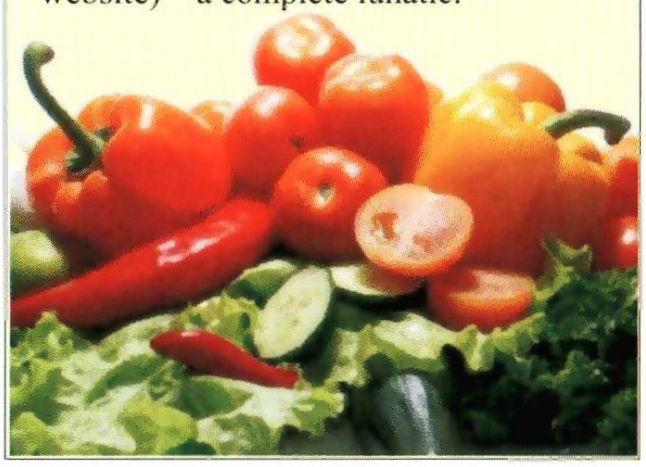
So, what do you reckon? With spring around the corner, are your thoughts turning to detoxing and dropping a few pounds? Could now be the time to add some raw food to your nude?

Raw food curious?

There are tons of "uncook" books out there. Two of the most practical, least fussy and most suited to beginners seem to be *Raw Food Made Easy* by Jennifer Cornbleet and *The Raw Food Detox Diet: The Five-step Plan for Vibrant Health and Maximum Weight Loss* by Natalia Ro.

More raw diets

Raw foodism is a bit of an umbrella term and there are a number of variations on an ever more restrictive theme.
Primal diet or raw Paleolithic diet. Mostly seems to consist of raw or warmed meat, fish, shellfish and offal (sick bag, anyone?), raw eggs, possibly raw dairy, raw fats, raw veggie juices, some fruits and very little water.
Fruitarianism. Apart from regular fruits, a fruitarian diet can include botanical fruits such as bell peppers, avocadoes, cucumbers, nuts, seeds and sprouted seeds. Some followers of the diet will only eat fruit that has fallen from the tree.
Sproutarianism. A diet based mostly on sprouted seeds.
Juicariansim/Liquitarianism. Fruit, veggie and wheat grass juices, herbal teas, vegetable broths and nut milks.
Breatharianism. Not food at all! All that is needed to sustain life is to drink water and gaze at the sun for 45 minutes at dusk and dawn. Fools easily parted with their money pay $100,000 to do the workshop at the Breatharian Institute of America with (check out the website) – a complete lunatic.



The Nude Chef

by Pete Williams

Sharon Picone is a longtime nudist and chef who prepares many of her meals in the buff in the kitchen of her home in Oviedo, Fla.

An editor for a travel magazine by day, she's developed a following as a chef via her Web site www.thesavvychef.com, which features her recipes and cooking tips that focus on vegan, South African cuisine.

Last April, she launched a second site, www.thenudechef.com, featuring short videos of her cooking in the nude, along with longer DVDs available for sale, as well as a cookbook: *Super, Sexy, Salads: Everyday Recipes for Everyday Appeal.*

Picone, 45, says her dream job is to have a cooking show on The Food Network or perhaps a cable channel comfortable with nudity. The idea of The Nude Chef was partially to generate attention for her cooking endeavors but also to celebrate the connection she feels between cooking and nude recreation.

"I decided that I wanted to combine the joys of being a naturist as well as my passion for cooking," she says. "There's a connection between our bodies in their natural, unclothed state and the food we eat. It just boils down to a simplicity of life, being nude and also my philosophy of consuming simple natural, healthy foods."

Her cooking and nudist philosophies developed early in life growing up in South Africa in the town of Port Elizabeth along the Southeast coast.

At the age of 10, she was friends with a girl who lived across the street. One afternoon she wandered over and found her friend and family, including an older brother, skinny-dipping in their backyard pool.

Picone joined in and soon began going nude at home, around the house and in her own backyard pool. Her parents and younger brother never embraced nude recreation but thought nothing of young Sharon's tendency to go nude.

"I was very fortunate that both parents are very open-minded and allowed me to do my own thing," she says. "They figured I was happy and not hurting anybody, so why not?"

Picone remembers cooking at the age of 6. By age 10, with both parents working full-time, she was preparing dinner most nights.

"I was truly a latchkey kid, with a key around my neck," she says. "I let myself in, did my homework, and by the time I was done it was about time to start dinner."

Along the way, she'd feed a menagerie of animals that shared the home. Whenever a neighbor discovered a stray cat or dog, they turned to Sharon's family, who had a soft spot for animals. Much of the care taking turned to Sharon, who would deal with an average of ten pets between dogs, cats, and wounded birds rescued from the cats.

That experience inspired her to become a vegetarian and vegan as an adult, but even as a child she urged her mother to opt for healthy food options when shopping. Like the United States, South Africa is a culture of meat eaters and many of Sharon's early dishes consisted of meat, eggs, and seafood.

Several years after college, she took two years off to backpack through Europe, which is not uncommon among young adults from South Africa, Australia, and New Zealand. They often travel alone, meeting new travel companions along the way before splitting off again.

"It's difficult for Americans to relate to," Picone says, "but it's part of the South African way of life for young people to just travel and take care of careers afterward."

Picone was 26 when she began her journey in 1990. She visited 11 European countries and worked as a nanny in London for six months. Before returning to South Africa, she tacked a brief U.S. trip to the journey, falling in love with the country during a stay in Boston and deciding to make the country her future home.

She relocated in 1994 to Orlando, figuring it had a warm climate comparable to what she was used to in South Africa. She met her husband Paul, an American, whose business partner was South African and an acquaintance of Sharon's.

Her parents and younger brother never embraced nude recreation, but thought nothing of young Sharon's tendency to go nude at home.

Paul already was a nudist and the two have been regulars at the Cypress Cove Resort & Spa and explored the nude section of Playalinda Beach. Remarkably, they've been Picone's first organized nudist experiences. During her European travels, she did not visit nude beaches and resorts, focusing on the major sights and cities.

In 2000, Sharon and Paul made the decision to become vegetarians. Sharon already was cutting meat out of their diet when Paul watched a documentary on PBS about factory farming and announced he was going vegetarian.

Sharon, an animal lover and health-conscious since childhood, had no problem joining him. In August, they became vegans, a stricter version of vegetarianism that seeks to eliminate the use of animal products altogether.

In 2007, she launched www.thesavvychef.com to share her South African heritage and cuisine for South Africans in the United States who might be missing the homeland.

"I've taken traditional meat-based dishes and I've veganized them," says Picone, who makes it back to South Africa about every two years.

More recently, Picone started an online social networking group called The Veggie Naturist (http://theveggienaturist.ning.com/)

that has more than 800 members. She also conducts vegetarian/vegan cooking classes at birthday parties, corporate team-building functions, and other special events.

She says people interested in the vegetarian or vegan lifestyle often raise the question of how they would get adequate protein in their diets.

"A lot of times that's the reason they're afraid of becoming vegetarian," she says. "I point out that the animals they're consuming were herbivores when they're alive. The protein you're getting is from the plant indirectly. That kind of eases their worries and makes them realize they don't have to get protein from animals."

Picone cooks with lentils, soy, tofu, and quinoa, all of which are sources of protein. Her Web sites are updated daily with vegan recipes with a South African twist.

Picone sells her downloadable book and three short cooking videos on her site. The videos were filmed with the help of some Orlando area film students. Picone admits it was initially a challenge convincing the students – three young men and a woman, all in their early 20s – that the video was simply of a woman cooking nude in her home and nothing more.

"As soon as they hear you're going to be nude, they think porn," she said. "So I had to assure them that it would be legitimate, nothing seedy at all."

The students, like many people, wondered if she always cooked in the nude.

"The only time I will have an apron on is if I'll be working with hot oil, but other than that, I'm nude," she says.

Half the proceeds from the sale of the videos and the book, which features 25 creative vegetarian salads, go to animal rescue charities. The Picones, who do not have children, continue to follow Sharon's childhood practice of caring for multiple animals, sharing their home with four cats and a dog.

As for her cooking television career, she's hoping her initial videos will serve as a demo reel for producers to consider. There's already a "Naked Chef," but that only refers to the wholesome ingredients favored by British chef Jamie Oliver, who stays dressed and reluctantly agreed to the title early in his career for marketing purposes.

"I'd love to be able to do this in a larger television capacity," Picone says. "Naturism is definitely a part of who I am, and hosting a nude show would be my ideal situation."

The Advocate

A Tale of Chivalry

by Ken Schwartz

In Europe long ago there was a time
When chivalry was in its gloried prime.
'Twas in that bygone age a young man might,
With skill and fortitude, become a knight
And, honor-bound, embark upon a quest
To search out wrongs and see they be redressed.
We've previously told of young Sir Jake,
A novice knight who had seen fit to take
A solo journey on his mighty steed,
Steadfastly on whatever path might lead
To situations grasping his attention
As candidates for helpful intervention.
We've told how Jake saved one he thought distressed
And found the joy of living all undressed.
And now we tell how Jake employed his charm
To sway distrusting nudists at a farm.

* * *

One sunny day Jake came across a lad
Perched on a roadside stoop with mien as sad
As any Jake had seen in all the land,
So Jake paused to extend a helping hand.
The lad, named Luke, explained he loved one Rose,
A member of a family who chose
To spend their lives in a state of undress
And, causing the young Luke's immense distress,
Avoid entanglements with all men clothed,
For such were viewed as heathens to be loathed.
The comely Rose had given Luke her heart,
But clothing kept young Luke and Rose apart.
Jake had some knowledge of the nudist life,
So he declared Rose might yet be Luke's
wife,
For Jake would go and leave her kin
surprised
To learn clothed men are truly
civilized.
How Luke was cheered to think
that sweet Rose might
Become his own thanks to a
cultured knight.

* * *

That very day, Jake found the place where
He had been told Rose's family would be –
A farm at which three nudes lived off the land
Yet always were prepared to lend a hand
To travelers in need of food and rest,
Without regard to whether they undressed.
And Rose's parents, Sam and Elinor,
Gave Jake warm greetings at their farm-
house door
And said it would contribute to their weal
Were Jake to stay and join them for
their meal.

How Rose was pleased to hear
the knight agree
To stay and joy in the nudes' company.
How Rose was shocked when she saw Jake
strip bare
And evidence to all his savoir-faire:
Jake held up his limp penis in a hand
And noted that, alone, it would not stand.
"My manhood can grow many times this size,
But clothed or bare, it knows when not to rise."
Thus notably assured by the bare knight
There'd be no conduct viewed as impolite,
Young Rose said it was nearly time to eat
And showed Sir Jake to his appointed seat.

* * *

Once seated with the family in place,
Jake bowed his head and offered God a grace.
Said Jake, "Oh, Lord, we thank you for this food,
The four of us who now eat supper nude."
The group then all enjoyed a fine repast.
Jake deemed the roasted chickens unsurpassed

And so told Elinor, to her surprise,
"You certainly have luscious breasts and thighs."
When supper reached its end, the four nudes sat
And occupied some hours with a chat.
Jake entertained the family with tales
Of travels, exploits, conquests, and travails.
He told of how he'd rescued from a farm
A nudist girl he'd thought was facing harm.
He mentioned that she seemed to want to share
What she'd learned watching horses living there.
"Of course," said Jake, "no clothed man
should suppose
That such desires reside in your dear Rose.
Her breasts so creamy, large, and succulent,
That I have noticed quite by accident,
Will one day make fine pillows in the night,
But not until the time for that is right."
Rose closed her eyes and said a silent prayer,
But, when she peeked, Jake still was seated there.
At length, Sam guided his intrepid guest
To a spare room and wished him a good rest.

* * *

One half a night of sleep had drifted by
When Jake awoke and found his mouth
bone dry.
In pressing need of water to consume,
Jake left the cozy confines of his room
And wandered through the farmhouse on
a quest
For something cool and soothing to ingest.
He found a cask and drank a healthy mug,
Then headed back to where he had been snug.
Unluckily, Jake found a bedroom door
Much like, but not, the one he'd used before.
Jake climbed in bed and soon began to doze
Alongside Sam and Elinor's sweet Rose.
It wasn't long before a bearded face
Alerted Rose to something out of place,

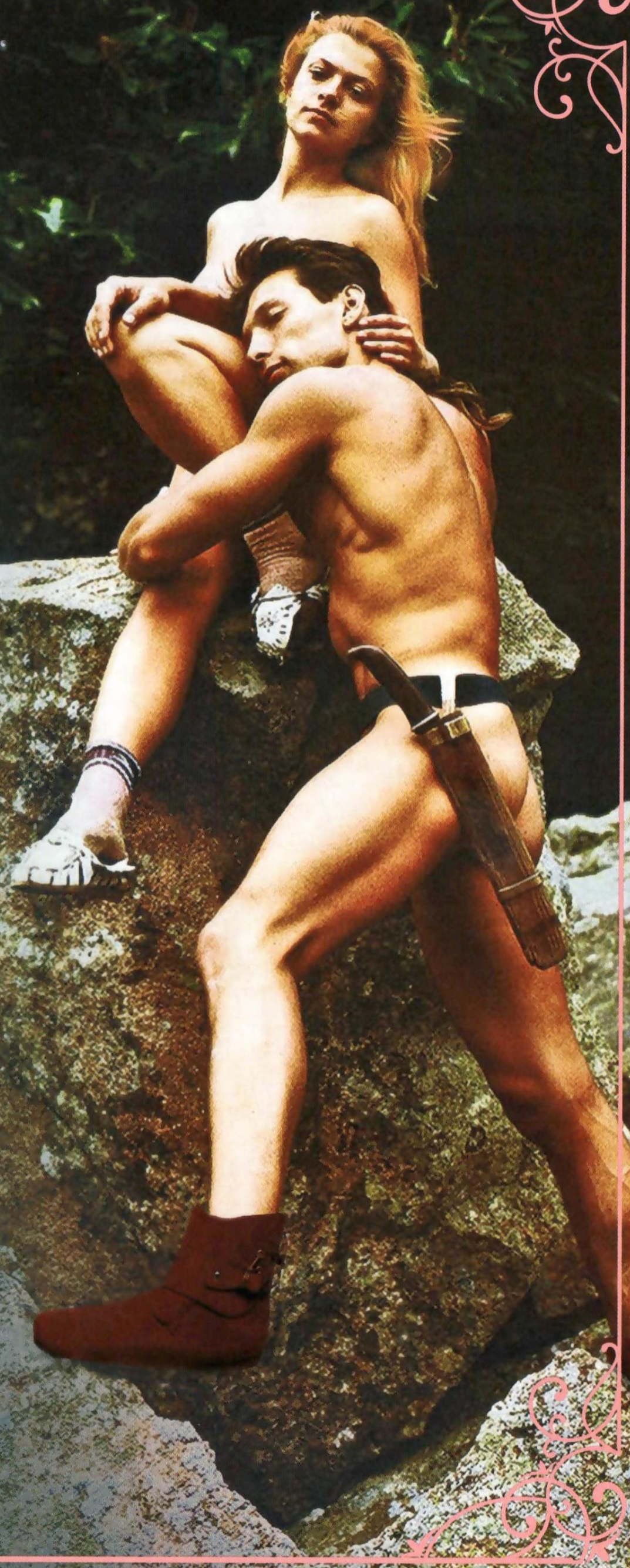
And every nudist's most reposeful dream
Was interrupted by a piercing scream.
Most consummately rendered wide awake,
Jake instantly perceived his grand mistake
And lept up all entwined in a bed sheet,
Which circumstance forestalled any retreat.
Thus, when her parents opened Rose's door,
They found Jake wrestling bedding on the floor.
Sam knelt by Jake and solemnly declared,
"I think it's time my family was spared
The further nuisance of your little stay.
Why don't you mount your horse and go away."

* * *

When morning came, Sam took Rose for a walk;
He told her he would like to have a talk.
Rose feared the purport of this conversation –
The nunnery would be her destination.
Said Sam, "We've warned we'd not see you betrothed
To any man who thinks that living clothed
Is what the Lord intended that we do.
We've always thought nude men were best for you.
But, having spent some time with that nude knight,
We now believe that we were not quite right.
We've seen that, though a man lives as a nudist,
He yet can be a pagan and the rudest
Of men we'd ever welcome to our house.
And so, dear Rose, when you select your spouse,
Just choose the one whom you judge to be best
No matter whether he be nude or dressed."

* * *

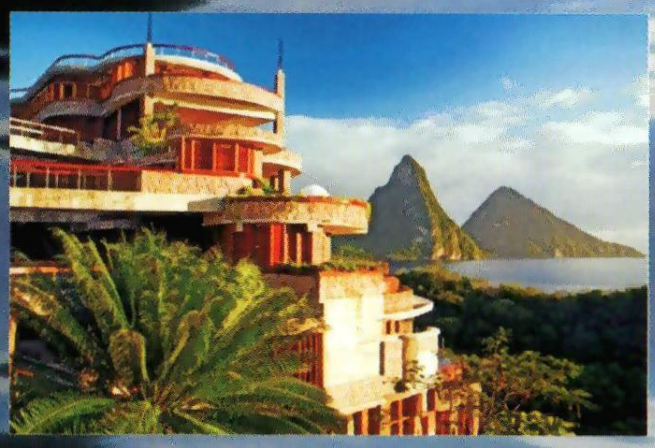
Rose shortly told Luke of the change of heart –
The two would not live out their days apart.
And Luke was ever grateful to the knight
Whose rare civility had set things right.



Naked in St. Lucia

by Sue McGarvie and Blaik Spratt

Clinical Relationship Therapists, Syndicated Talk Show Host



As keynote speakers and therapists, we are often asked to suggest shared sensuous activities for couples. We always suggest exploring nudity. However, try explaining to non-nudists about the appeal of being naked. Maybe if you have to explain it to someone, they never will truly understand it. For us, it is the pleasure-seeking sensation of wind across your skin, the free feeling of being naked outside, or the complete avoidance of uncomfortable, wet, sandy, bathing suits. Either way finding places where you can be naked outside is one of life's great quests.

We consider ourselves as much romantic adventurers as we do die-hard nudists. We are busy finding new places to explore, and then make it our mission to locate the places where you can "drop the laundry." So when we had an opportunity to visit St. Lucia, we packed lightly and made a point to source out opportunities to be naked. It may be fun to be surrounded by thousands of other like-minded naturists, but we discovered St. Lucia can allow you to be quietly naked, which has its own appeal.

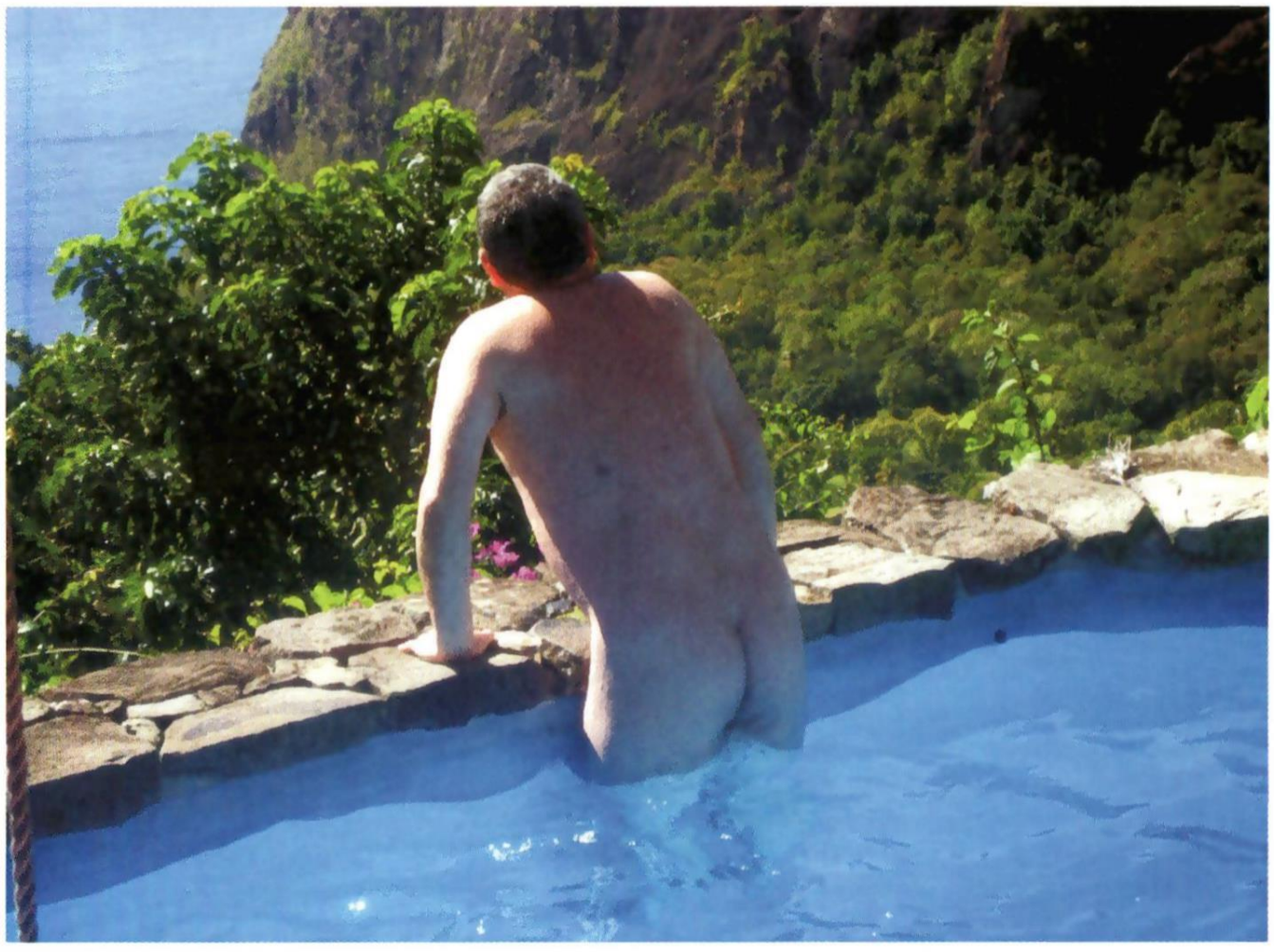
St. Lucia, like all the Caribbean Islands, has a flavor all its own. St. Lucia is a small, primarily Catholic country of 150,000 friendly, but reserved people, with no advertised nude beaches. According to all the trip advisors we read in anticipation of the trip, nudity is not allowed anywhere on the island, and thus we expected to be clothed for the duration of the vacation. We also read that St. Lucia is a spectacularly beautiful place of waterfalls, rainforests, volcanic hot springs, and amazing scenery. At least the internet postings got that right.

St. Lucia is lush, green, and covered in flowering shrubs and multi-colored hummingbirds – even during the dormant season when we were there. As throughout the southeastern Caribbean, you get warm days and nights in the 28-31 Celsius range almost year round, and can expect small cloudbursts occasionally through the day. St. Lucia has a rich history of pirates, French guillotines, banana plantations and a mix of French and English cultures. Both France and England battled for the island (and each won seven times,

with England winning the last bout), and although English is the official language, the locals speak a Creole dialect mix of French and English called patois which was fun to listen to.

Most of St. Lucia is mountainous and covered in jungle. The whole island is only 29 miles long, but you can expect driving the length of it to take over two hours. The roads are switch back and a bit of a roller coaster ride – especially along the west side of the island. Bring your Gravol or other travel-sickness medication if you are driving around the island much. We read one report that suggested "St. Lucia allows you to get in touch with your calf muscles," which we found to be oh, so true. Almost everything in St. Lucia is uphill or downhill (although it seems more like uphill), and everyone is expected to climb flights of stairs. It's not a great destination if you are ambulatory challenged.

The capital, Castries in the north, is home to 50,000 people, shopping and a number of destination spas and resorts such as Sandals and Almond resorts. Further southward down the western coastline near the town of Soufriere lay the Pitons. The Pitons are two volcanoes that UNESCO has deemed a World Heritage site. We visited three resorts in Soufriere, overlooking the Pitons and the view rivaled anywhere we've ever been. What makes the view so magnificent is that resorts in Soufriere are built with only three walls and only a shade canopy to block the sun where the fourth wall should be. That means open air in all the rooms, dining and common areas. It is a very different concept, and one of the few places in the world that has limited bugs, few mountainous creepy or slithering things, warm weather, is sheltered somewhat from hurricanes and tropical storms and is relatively crime-free and difficult to access along the mountainside. You can sleep naked while feeling like you are completely outdoors, albeit the bed is covered in mosquito netting. During the day you can move back and forth without wearing a stitch between the luxurious comfort of a five star appointed room, and the outside while enjoying the delights of sun tanning, swimming, and bird watching within



your own large, villa-like room. It's like fantasy camping.

The three Soufriere area resorts we stayed at – Jade Mountain, its sister resort Anse Chastanet, as well as Ladera – all had these three walled, open concept rooms, complete with their own large splash pools (about a third of the size of a regular pool). You could watch the stars from your king-sized bed, or feed the birds, naked at the edge of the pool. It was absolute bliss to be naked 24/7, in and out of the pool with all the amenities of a hotel room.

Jade Mountain is a one-of-a-kind resort (partnered with the older, but quaint Anse Chastanet). We discovered that Jade Mountain is about beauty, nature, modern art and architecture all blended into jaw-dropping scenery. Located on the edge of a marine reserve, the snorkeling and diving is said to be tremendous. With only 29 rooms, and only three years old, Jade Mountain is the uniquely designed specialty resort by Canadian architect Nick Troubetzkoy. He had been running Anse Chastanet (the less expensive but delightful family resort again with the great open-aired rooms for nudist families) for 30 years, before he built the uniquely designed, secluded, adult romance gourmet destination of Jade Mountain.

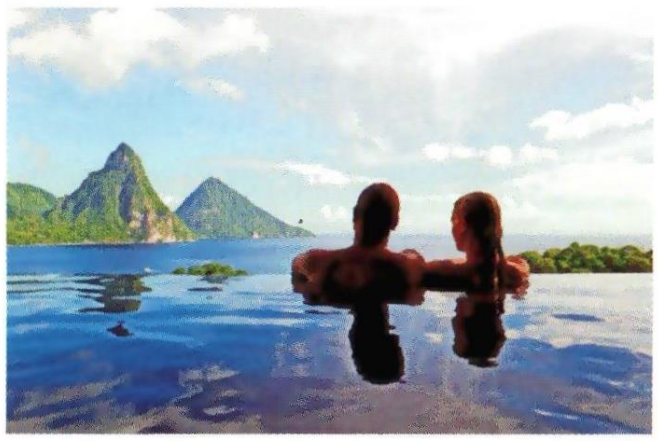
The quality of the food at Jade Mountain/Anse Chastanet can't be overemphasized. Jade Mountain boasts an American Academy of Hospitality Sciences five-star rating for food and service. Much of the organic produce for both Jade and Anse Chastanet is grown on the owner's surrounding 600 acre plantation including mangoes, spices, and chocolate used in their so-named culinary festivals. We had grilled snapper followed with homemade rum and raisin ice cream for dessert that instantly became a most unforgettable meal. By day two the staff had an understanding of our food and beverage preferences, and was suggesting a favorite tea. With English Butler Academy-trained butlers (they call them major-domos) at your service to fulfill any need, the attention to detail was superb. The Guild of English Butlers means that these professional hoteliers can unpack for you, arrange for your favorite foods at preferred tables, acquire hard-to-find items, and aid in travel arrangements. Given the service, and the privacy allowed in the sanctuaries (as these open-aired rooms are called), you could spend your entire vacation naked if your intention was to just relax and unwind.

Ladera, the other resort we stayed at in Soufriere was voted the #1 hotel in the world in 2005 by Conde Nast readers. Again, they had these great open-aired villa-rooms with splash pools. Their slogan is "a view with a room." An interesting feature of this hotel was the multiple bedroom villas. Two or three couples could share the villa and enjoy the benefits of communal nudity (while splitting some costs).

Soufriere boasts hot springs and sulfuric mineral springs and waterfalls in the area. It looked just like muddy water, but it is rumored to have healing properties, and was originally built for the troops of King Louis XVI of France. They are relaxing, and offer some privacy for nude bathing if you are discreet.

After lots of relaxation in Soufriere, we headed to the south part of the island for adventure and beach living. We landed at Coconut Bay, the largest resort in St. Lucia at over 300 rooms. We stayed on the adult-only Harmony side that had an outstanding spa with private showers for two, and an acceptance of topless sunbathing. We asked a number of locals about nude beaches, and they all laughed and said that there were a number of private beaches on the east and south coasts of the island available for nude sun tanning. One of the young women who worked at the resort said "she almost never wore a bathing suit when on the beach near her family's home." She said "to ask the locals," they know where to go. Apparently the water taxi drivers have a few secluded places they can take you for a nude day at the water's edge, but they don't recommend going alone "as there has been some theft of clothing and money when left unattended."

St. Lucia is a quieter, more relaxed nude holiday. The island can be more expensive than some of the other Caribbean islands, but it is a classy, cultural, and elegant destination for nudists looking for a new adventure.



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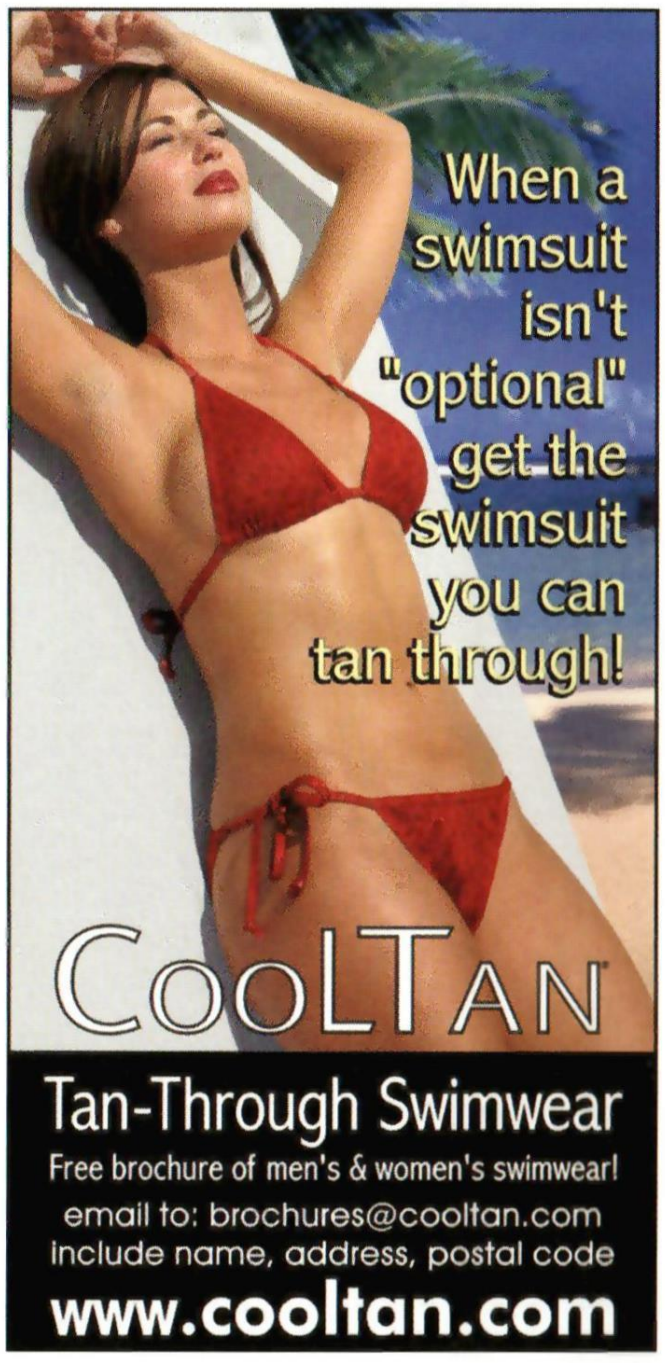
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How to fight with friends

by Janett L. Grady

It's been said that the quickest way to lose a friend is to argue with her about politics. But that's not necessarily true. It all depends on whether or not your friend has an open mind... and, as we know, having a friend who enjoys being naked is having a friend with an open mind. If you want to argue, get naked, stay that way and have at it.

My friend Barbara, for example, an attractive, slightly overweight senior citizen who knows how to handle herself, has been a good friend and cross-town neighbor now for quite awhile. Aside from the fact that she loves being naked as much as I do, she also knows how to handle people, to disagree with friends, and remain friends, which is an unusual talent these days, especially when it comes to arguing about politics.

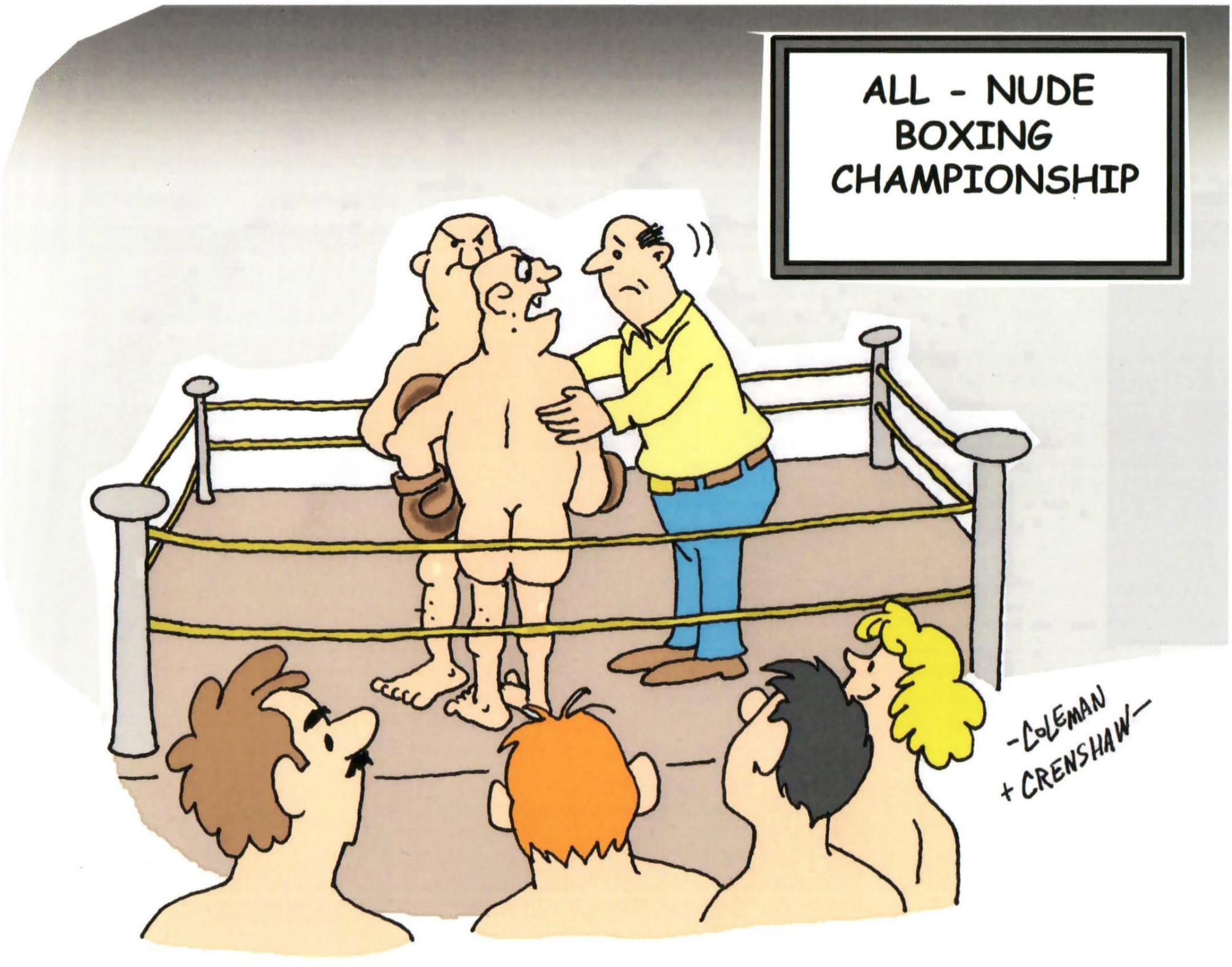
On a Saturday afternoon a few weeks ago, Barbara, my husband Sam and I...and my very best friend Denise, were sloshing naked in Barbara's hot tub, munching on chips and drinking beer, when, apparently to make conversation, Barbara casually said something about how glad she was that we now had a Liberal Democrat in the White House.

And all hell broke loose.

Sam lost his cool, as if somebody had pushed a wrong button.

"You commies are all the same," Sam shouted. "Liberals, you're all a bunch of Jane Fondas, a bunch of traitors."

Sam's outburst surprised me, of course, but I understood it. You see, while Jane Fonda was doing her thing in North Vietnam, Sam was an Army grunt somewhere in the jungles of South Vietnam. And Sam had been in a foul mood anyway, ever since that "Chicago gang-



"DON'T HIT BELOW **WHAT** BELT? "

ster weaseled his way into the White House." Denise and I had known about Sam's feelings on the subject, but Barbara, even though she knew Sam had been in the Army, had no way of knowing how he felt.

"You just wait and see," Sam was saying, "the guy is going to steal us blind. He's a crook."

"He is not," Barbara shot back, and splashed her way over to Sam. She slapped at his face but missed. "What's wrong with you?" she asked.

"Tell you what," Sam went on. "If he gets that healthcare package passed, the feds are then going to be making laws about how we live, about what we can eat and drink and so forth. They're going to put more tax on booze and beer, cookies and chips and you name it, just to cover the cost of what they consider an unhealthy lifestyle. Just look at what they've done to cigarettes."

Barbara looked at me and Denise, a questioning look on her face.

I shrugged, trying to stay out of it.

"You know, I think he might be right," Denise put in. "Not that there's anything wrong with that," she grinned. "It's just..."

"It's just that if something ain't broke," Sam shouted, "you don't fix it...you leave it alone."

"Oh, I get it," said Barbara, glaring back at Sam. "You don't like change. Right?"

"That's it," Sam said in a calmer voice. "Change is never good. When the feds start changing things, they always end up taking more of our money...and then they'll give themselves a pay raise."

As Sam and Barbara continued to argue, Denise and I guzzled the beer and made short work of the chips; the three six-packs and a giant bag of chips were within easy reach of the tub.

The chips were almost gone, and there were only four cans of beer left. I grabbed two cans, gave one to Denise.

Barbara was teasing Sam, sticking her tongue out at him. "Poor boy," she was saying. "Little Sammy has to pay his own way." She started flopping her boobs, right there in front of him.

"Knock it off," Sam growled at her. "Act your age."

Barbara stopped flopping her boobs, but on and on they went, sometimes screaming at each other. Then Barbara said something about Bush being a loser.

Sam screwed his face into an ugly, angry expression. "That loser," he said pointedly, his jaws tight, "is the one who kept us safe. Now look, that liberal you and your kind voted in is turning the bad guys loose. And why?, 'cause some of our soldiers made those idiots take off their clothes, that's why. It's that simple."

"They did more than that," Barbara argued. "What they made them do was offensive...having sex, watching sex...an insult to their religious beliefs."

"Yeah, right," Sam shot back. "Sex is bad. Crashing planes is good. Give me a break, girl. You liberals ought to wise up."

"We're just trying to be nice," said Barbara. "Bush being mean didn't work. Obama is going to change a few things."

Sam and Barbara spent the remainder of the afternoon in verbal combat...

Sam and Barbara spent the remainder of the afternoon in conflict, verbal combat, if you will, while Denise and I enjoyed our time in the tub, the amusing arguments between the two, the swirl of the body-warming water and the thirst-quenching beer. We ran out of beer, but we still managed to stay out of the fight..

Nobody won the battles, of course, and it seemed as if Sam and Barbara had continued debating the different issues because they had discovered it was fun to argue. I say "fun" because later, after our time in the hot tub, Sam and Barbara were no longer raising their voices, and because their later conflicting politics had turned from gays in the Army to the funnier pros and cons of people stripping off their clothes at the airport, being forced to bag and carry their clothes, and to fly in the nude.

(Not a bad idea, really. We'd be a whole lot safer, that's for sure.)

But Sam and Barbara continued their fight, through a platter of Barbara's smoked salmon, through an after-supper game of Monopoly, and on through an evening of drinking more beer in front of Barbara's wall-mounted, flat-screen boob tube.

It's been said that the quickest way to lose a friend is to argue with her about politics, but that's not necessarily true. Sam, Denise and I are quite often invited back into Barbara's home; and Sam and Barbara, as surely as beer makes me pee, wind up fighting about...

Well, you name it. They're still friends. Good friends, really, each willing to listen with an open mind.

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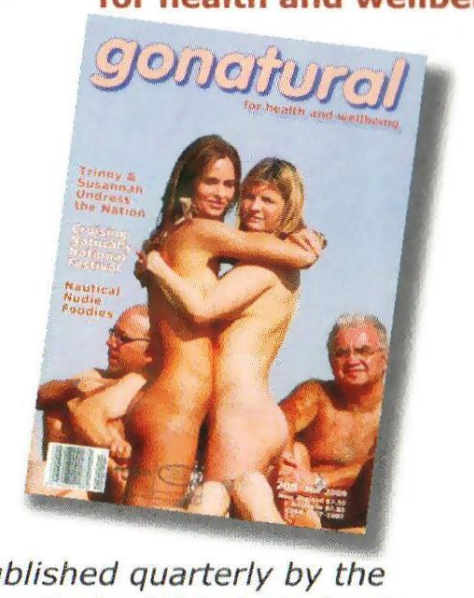

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A Naturist Closet Case
CONTINUED FROM PAGE 7

rescind that. That allows the equivalent of 164 million shirts, 84 million pairs of pants into the country immediately. It increases by seven percent every year. We have to find seven percent more jobs every year in order just to keep up with that one." How many of us even knew about the Vietnam agreement? We just buy clothes…or not! Hey, remember that these figures are old, and multiply the applicable seven years into the equation. But, we're nudists, so what does that matter, anyway? Oops, hey, I NEED that towel!

Imagine you take me seriously and are consequently arrested for doing your banking sans clothing. Finding yourself in front of the local magistrate, please ask where the American Flag in the courtroom was made. America's flag is being sewn overseas and then imported to the United States. China is the last Communist giant, yet they lead the world in exporting the Stars and Stripes. In 2003, the US imported six million dollars worth of flags from the rest of the world with the Chinese contributing $4.5 million to the imports, as reported by Matthew Thompson in *Associated Content News*, May 2005. Again, multiply exponentially. Many of us assume that the U.S. flag is made in America…" any person may apply to the Secretary of Defense for a license to manufacture and sell the approved service flag" so it is our Secretary of Defense who gave China and non-USA countries the approval to take manufacture out of American factories? Hmm... I wonder which one? Well, no matter, we're all employed, right?

So, my naturist friends, take the closet challenge. Remember, there are many seamstresses out of work these days, and when you feel required to wear clothes, you could make a difference right here in the good ol' USA. We have a choice – pay a little more to someone in the USA, or pay less to someone in a foreign country and watch your neighbor go on unemployment. By the way, a free issue to the person who tells us which Secretary of Defense gave the business to China! Cheers, and happy closet cleaning.

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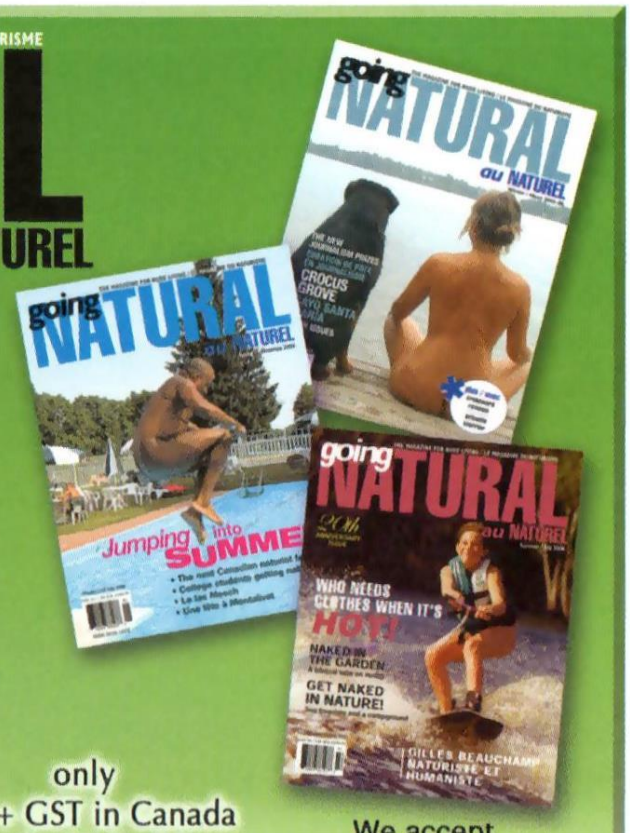

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HOT TUB!

THE SECRETS OF THE SPA BATH

by Duncan Laurence

As naturists everywhere will agree, the hot tub is just about the best thing going when you've got your kit off. The big steaming bath of hot water and the surging jets of bubbles on your back and thighs are relaxing, soothing, stimulating and refreshing all at the same time. And then there is the social side, enjoying the experience with others, and sharing the atmosphere. No wonder there is usually a queue of people waiting to jump in and enjoy themselves.

Almost every hotel, leisure complex, health spa, campsite and gym seems to have a "Jacuzzi" these days. But why is it called a Jacuzzi? And just how does it work? Where did it come from?

Today the name Jacuzzi is a generic noun, as when we say Hoover – meaning a vacuum cleaner. There are in fact many manufacturers of hot tubs and spa-type baths, but Jacuzzi is what springs to mind when we are looking to take the plunge with a difference. And indeed there is a Jacuzzi company that produces the whirlpool baths with massaging jets. Its story is a classic American tale of endeavor and success.

The Jacuzzi brothers, all seven of them , arrived in the United States right at the start of the 20th century, as emigrants from their native Italy. They settled in California and worked as machinists, until one of them, Rachele, began making aircraft propellers, as he with great foresight saw potential in the growing aircraft industry. That led to the formation of the first Jacuzzi Bros company, which actually made aeroplanes. They moved from this sector after one brother Giocondo was killed in a plane crash, but took their now extensive knowledge of hydraulic pumps into the field of agriculture. Pumping water was big business in those days.

This expertise in pump technology was then applied as a byproduct to create a submersible bathtub pump for the son of Candido Jacuzzi as it provided home-based relief for his severe rheumatoid arthritis. The whirlpool pump was a success and was marketed through bath supply shops and drugstores. Promotional campaigns in the 1950s, using TV shows and film-star endorsements, meant that the Jacuzzi pump rapidly became a popular home bath-time relaxation aid. It was and is only a small part of the wide range of pumps, jets and water-related equipment produced by the company.

The next stage was the creation of the integrated whirlpool bath, with the pumps and jets fitted into the sides. It is this, the patented 50/50 air water mix in the jets, that provides the unique Jacuzzi effect. Launched in 1968, the Roman Bathtub has become the *sine qua non* of home and social spa bathing, and the company has continued to develop ever larger and more sophisticated whirlpool baths for domestic use indoors and out and, of course, for communal fun as well.

From the smallest of beginnings over a hundred years ago, Jacuzzi now operates from a large factory in Chino, California, and delivers its products worldwide. No wonder they are proud of the name.

I must say that I head for the hot tub as soon as I arrive at a hotel or resort, I love the sensation and the way the stresses of the journey just melt away. Male naturists also avoid the phenomenon known as "inflated shorts "which bedevils textile spa users. I also find that you meet the most interesting people in a spa or hot tub. As a final thought, here are a few does and don'ts of spa etiquette:

Do: Make sure the bath has been maintained and cleaned. The heat and air action means that bacteria can breed rapidly if the water and pumps are left without attention.

Don't: Stay in too long; apart from getting waterlogged, you may feel a little light-headed and it's not the place to be ill.

Do: Shower first; it's polite to be clean, and dirt and grease can clog the pumps.

Don't: Put bubble bath in, it's not funny and will make an expensive mess, which you may end up paying for.

Do: Take care getting in, it can be slippery.

Don't: Take drinks in glasses into a communal spa bath; if you drop it in the water, it's everybody out until it's found.

Fantasy Fest

by Pete Williams

KEY WEST, Fla. – They strolled through the streets of Key West wearing only thongs and body paint, three young women painted as one, a walking billboard for the Bare Necessities nude cruise charter company.

Hundreds of shutterbugs snapped their photos as they advanced through the three-mile "Masquerade March" on October 30, the informal warm-up for the culmination of "Fantasy Fest" on Halloween night.

The women had spent four hours in a lounge aboard the Carnival Miracle cruise ship earlier in the day being painted from neck to ankle by Vargas, an artist best known for working on models that appear in *Sports Illustrated*'s annual swimsuit issue.

Vargas and his assistants used an array of blues, yellows, and oranges designed to pop against the backdrop of a Key West sunset. They added an octopus as the signature fea-

ture, with the animal's head painted on the left thigh of one woman, snaking across the middle girl, and ending on the third. One artist managed to reproduce the intricate Bare Necessities logo on the chest of one woman in just 10 minutes.

By the time the *Miracle* dropped anchor mid-afternoon just two blocks from Duval Street, the first such major cruise ship ever to do so during Fantasy Fest, the billboard was complete and ready to showcase perhaps the most unique cruise in nude recreation history.

Over the last 20 years, Bare Necessities owners Nancy and Tom Tiemann have chartered nude cruises all over the world, including Australia, Alaska, and even a 1999 trip that sailed into the new millennium. But never had they attempted Fantasy Fest, a 10-day celebration of costumes, drinking, and exhibitionistic revelry.

Fantasy Fest began in 1979 when two Key West business owners were hoping to drum up business during a slow time of the year in the midst of hurricane season. Now the 10-day stretch ranks as the busiest on the island, with tens of thousands of revelers descending to partake in the Florida version of Mardi Gras.

Unlike Mardi Gras, held in cooler mid-winter temperatures in New Orleans, Fantasy Fest features balmy weather that allow revelers to wear as little as possible. Police allow women to get away with body paint and thongs, men with g-strings, though it's not uncommon to see people donning even less than that during the evening.

The *Carnival Miracle* docked in Key West for nearly 36 hours, enough time for the ship's 2,124 passengers to enjoy two full evenings on the island before setting sail minutes before midnight on Nov. 1.

That was more than enough time to catch the Halloween "Night Parade" and distribute more than 20,000 pairs of beads that featured a medallion emblazoned with a special Bare Necessities "FantaSea Fest" logo and an itinerary of the cruise.

The beads were by far the most popular being distributed. By the time the Night Parade began, not far from where the *Miracle* was docked, many of the people on the floats were wearing Bare Necessities beads.

"It was really incredible to see everyone wearing our beads, whether they were watching the parade or in the parade," Nancy Tiemann said. "Even the statues in Key West were wearing them."

Tiemann had toyed with the idea of entering a float in the Night Parade, but opted not to because of logistics and concern that the parade would not be over in time for participants to catch the ship.

Instead, the company received a jolt of guerilla marketing in the form of the beads and the walking billboard, the most photographed element of the Masquerade March, a loosely organized affair anyone can join.

The women were preceded by a couple from the cruise holding a Bare Necessities banner. The three husbands of the women walked alongside, wearing official cruise T-shirts, distributing beads and acting as bodyguards.

That proved unnecessary as the late-afternoon crowd was friendly from the moment the eight-person contingent arrived, piled in to a Ford Escape taxi moments before the 5 p.m. start time.

As the parade made its way from the Key West cemetery toward Duval Street, stopping at free drink stops along the way, passengers from the cruise joined the Bare Necessities contingent. Some also were painted by Vargas, who worked virtually around-the-clock painting passengers on board the *Miracle* during the Key West portion of the cruise.

The cruise departed Fort Lauderdale on Oct. 27. After a stop in Nassau the following day, it dropped anchor at Half Moon Cay, which transformed into a nudist oasis for the day, with passengers only required to dress when they left the beach area.

With the *Miracle* docked only a mile off shore – some passengers wisely declined dares to swim back to the boat – there was the perfect backdrop for cruise photos. Many waded into the azure blue waters to pose in front of the *Miracle.*

Upon leaving Key West late Halloween night, passengers got a day at sea to recover from the revelry only to land in Cozumel on Nov. 1 for El Día de los Muertos. ("The Day of the Dead.")

At this point, the cruise began to follow the familiar route set in February when the Bare Necessities annual mid-winter cruise

aboard the *Carnival Legend* stopped in Cozumel. Some passengers already had a sense of déjà vu since the *Legend* and *Miracle* are identical ships, with only the décor changed.

Actually, the FantaSea Fest cruise was a novelty for most passengers. Unlike past Bare Necessities cruises, more than half of the passengers had never been on a nude cruise, a testament to the popularity of Fantasy Fest and growing interest in nude recreation.

In Cozumel, some passengers ventured to "Passion Island," a remote destination designated nude for the day. Others went on a nude snorkeling tour that ended up on a different clothing-optional stretch of beach. Some revelers, recovered from Key West, finished their day at Carlos & Charlie's, a pulsing restaurant and disco in the heart of Cozumel. Though not officially clothing-optional, management had no problem extending the privilege of nude dancing to a few adventurous passengers.

Back on board, Bare Necessities stressed the Halloween week theme, with no fewer than five costume-themed nights. "Plaid Night" inspired a number of naughty schoolgirls. "Red Night" brought out the devils and vampires, though the vampires returned for "Villains and Vixens Night," as well as for the Day of the Dead.

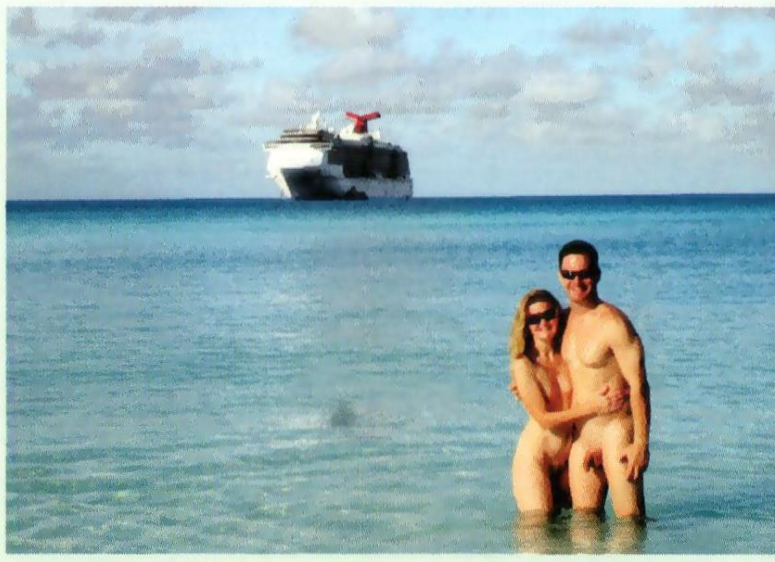
Then there was the "Duct Tape Ball," a popular holdover from the previous nude cruise, where passengers were challenged to come up with costumes made of duct tape. Such parties have become trendy, with people using "Duck Tape" brand adhesive that comes in a rainbow of colors and is only slightly less unwieldy than traditional duct tape. Passengers created skirts, jeans, gladiator costumes – even an entire Uncle Sam outfit entirely of duct tape.

Between the February "Reunion" cruise and the FantaSea Fest tour, Bare Necessities chartered two major cruise ships in 2009 and has big plans for 2010, with a first-ever Hawaii cruise from San Diego aboard the *Celebrity Constellation* in March and a two-week trip in August from Athens, Greece, aboard the 170-passenger *Star Clipper* that stops in the Greek islands, Egypt, Cyprus, and Turkey.

Those cruises feature some of the world's most popular destinations, but might be hard pressed to duplicate the magic of the FantaSea Fest tour. Not surprisingly, the Tiemanns already are considering revisiting the trip, perhaps as early as 2011.

Said Tiemann, "There's no question that Fantasy Fest is a perfect match for our passengers."

If you've never booked a Bare Necessities Cruise before, call Sherry at Internaturally Travel: 973-697-8099.



VILLA VACATIONS

Solitude in the nude

by Bruce Bishop

"For me, getting comfortable with being famous was hard – that whole side of it, the loss of anonymity, the loss of privacy. Giving up that part of your life and not having control of it," 51-year-old Michelle Pfeiffer has stated.

You don't have to be famous, nor a stunning actress, to want or need your privacy. Perhaps you've considered going to a naturist resort for the first time, but aren't comfortable with so many people around. Or, maybe you've had it with naturist hotels or inns – and if they be textile with a long jaunt to the beach, even worse! You just crave some solitude in the nude.

Enter the private villa vacation, and with some hunting, you can have one in a hot, sunny clime where even your meals are made with your food preferences in mind, because the villa owner has already received your grocery list via email.

A good example of this type of holiday is a new kid on the block, Ocean Palms Villa, on the north coast of the Dominican Republic, and very close to Caliente Caribe, the only clothing-optional resort in the country.

Owned by Patricia and Brad Gorden, naturists from Missouri who have lived in the Dominican Republic for 20 years, Ocean Palms offers five bedrooms with en suite baths, two living rooms, two terraces and a private pool for naturist swimming and sunbathing, wireless Internet, satellite TV and – well, the list goes on.

The chef, housekeeper and waiter for Ocean Palms have also worked at Caliente Caribe or the former Eden Bay, so they are used to naturism and do not blink an eye at their nude houseguests. Brad and Patricia may come by the villa for necessary visits sporadically during your time there, to drop off groceries or whatever, but they are far from being the interfering or overly friendly landlords!

Although there are no naturist beaches in the country, the beaches that are close by are quite beautiful and mostly safe for swimming. Beach vendors might be pesky and you would not leave any valuables unattended while there, but touring the area, including the little town of Cabrera, is an attractive option if you have a rental vehicle.

Remember that if you go looking for any villa to rent in the Caribbean, your desire to be nude 24/7 may not sit well with the owners or agency representing the property. If possible, find a naturist owner first – some are listed in naturist magazines or in the AANR newspaper's classified ads.

Here are some tips to consider if you're thinking about a villa rental versus booking an all-inclusive resort vacation:

1. Who to rent from?

There are at least a dozen sizeable companies online that specialize in short- and long-term rentals in the sunny Caribbean. After a Google search ("Caribbean villa rentals, private"), compare the Web sites and determine which one might have the best reputa-

tion and experience. Send some email inquiries: who replies quickly and how comprehensive are the answers? Efficient and timely communication between you and the villa rental company or owner, especially about wanting a naturist vacation, is key to building a successful relationship that may last well beyond your first rental.

"We're listed with eight different rental agencies," explained Patricia, "but we deal with all inquiries ourselves. Just go to www.homesdr.com." Coincidentally, Patricia is a former naturist resort manager, and she and Brad have two decades of combined hospitality experience.

When all is said and done, and before a deposit has been paid, you should have a written rental contract sent to you that outlines the terms of your agreement, including all fees and extra services you may have requested. If you had ordered a meal plan, a sample menu for approval might also be sent to you at this time.

2. Who to vacation with?

Maybe this is a no-brainer – perhaps you always travel with your immediate family and love one another's company. Then again, if you're not one of the Osmonds, you may choose to be with friends whom you have not traveled with extensively prior to this.
If your idea of a great time is listening to Bach, Beethoven and Brahms while discussing America's role in the Chinese economy, chances are those friends from college who still inhale pitchers of margaritas at two a.m. over blaring calypso music won't make compatible villa-mates.

Consideration should also be given to the younger members of your group. Are there activities for children at the villa, or are there safe, nearby beaches? Teenagers will insist upon high-speed WiFi to stay in touch with their friends back home, even if getting online for you during your vacation is the last thing you want to do.

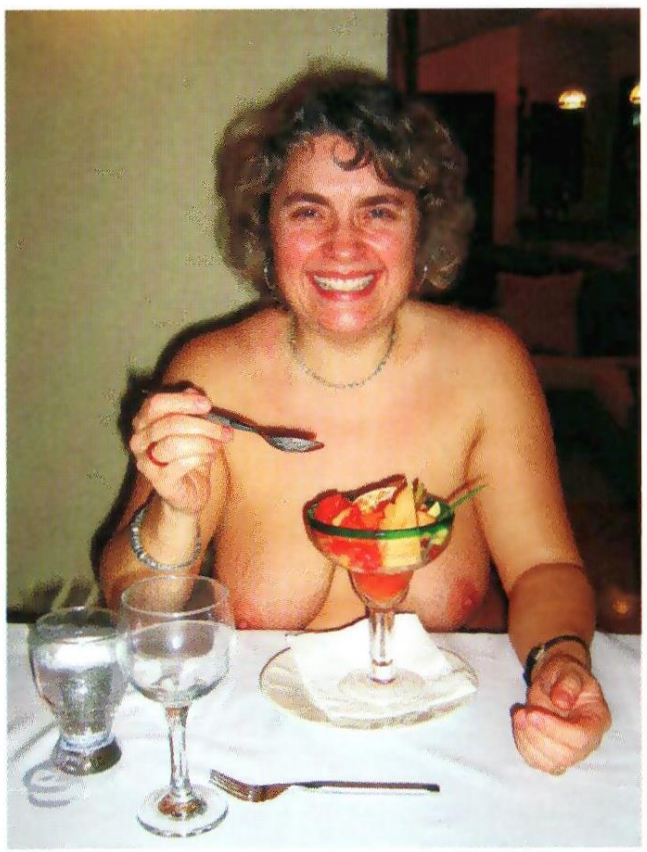
3. Where to go?

It's worth remembering that the Caribbean nations are a diaspora – what may be *de rigeur* in Antigua may not hold true in Aruba, and the Bonairean culture of Dutch and Papiamentu is wholly different from the ultra-Britishness of Barbados. Make sure your choice of destination meets with approval of your whole group: culturally, price-wise and with transportation ease.

Some Caribbean islands are known to be quite expensive for villa rentals (such as the Caymans or St. Bart's), whereas others are more reasonably priced (Turks & Caicos or Dominican Republic, for example). Saint Martin and Jamaica are two of the most naturist-friendly island countries.

4. Lounging or exploring?

It's best to find out early if your villa mates want to shop or scuba or spelunk, because extra-mural activities from



your villa may take some careful planning, depending on the island destination. Ask your villa host if a day guide might be available to accompany you, or if explicit driving instructions are handy.

A rental car is probably a must, unless your villa comes with a car and driver, or if regular taxi service is easily accessible. You can find out beforehand who the best rental car agencies are on the island – oftentimes, a local company is less expensive, but remember that you do reap what you sow.

There may not be roadside assistance available, and your cell phone may not work in a rural area, so be prepared. However, many villa rentals come with airport transfers for an additional fee, and this may be your best bet if you're unfamiliar with the destination.

5. All-inclusiveness or all on your own?

"Our price of US $4,300 for a week's rental, with an optional meal plan of $55 per person per day, is where we want to position ourselves in the Dominican Republic's north coast market," Patricia said.

"There are larger and more expensive villas, but Ocean Palms is brand-new and the Cabrera area is becoming increasingly high-end. I want our guests to feel like they're vacationing in the lap of luxury – but not going into debt over it."

Normally, government taxes are not included in the base rental, nor is alcohol. Your grocery order should be charged to you at cost, and chances are, there will be a 20% service charge on

that. However, as was the case with Ocean Palms, if you opt for the meal plan, you are not charged for groceries.

Do tell your villa host what kind of menu you want the chef to prepare. We requested a low-fat, low-sugar, high-protein menu without beef and pork, and the meals throughout the week were worthy of a four-star resort. Pumpkin carrot soup, Conch a la Creole, a Thai chicken curry, and grilled langoustines were just a few highlights.

Housekeeping is always included in your base rate, but a chef will probably only be included with buying a meal plan. Some grocery items available in North American towns and cities may be difficult to find, such as non-alcoholic beer, rice snacks or imported gourmet items.

Tipping the villa staff is important at the end of your stay, unless it is included in your contract somewhere. If not, expect to pay about 12% of your base rental to the staff, and you might ask the villa host or company representative to distribute the gratuity for you.

Renting a vacation villa in the Caribbean is a unique way to enjoy your naturist holidays. It's where privacy and personal service overrule the anonymity of an all-inclusive resort, and you have a wonderful opportunity to bond with family and friends for several relaxing days.

Another wonderful visit to ST. MARTIN

by Barry Murphy

The sun was bright every day, the people friendly, and the food just great!

Joanne & I just returned from another wonderful visit, and want to talk about some things old and some things new.

Congratulations to Steve Payne, general manager of Club Orient, for paving the road into Orient – the first time in more than 25 years. Now your insides remained intact as you drive up to the resort. Thanks, Steve!

Club Orient is a premier naturist resort situated on the world famous mile-and-a-half Orient Beach, considered by many to be one of the finest white-sand beaches and crystal-clear waters in the world.

Club O is as good as it has always been and the food at Papagayo's is just excellent. Always a great place to stay and enjoy the Beach.

On this trip, we stayed at the other naked club – Club Fantastico – perched perfectly on the hillside overlooking Orient Beach, which is entering its 5th year in business as more and more visitors discover the good life in this *au naturel* villa. And, beginning their 3rd year as resident managers are Mike and Peggy Aveyard.

"We arrived in September of 2007 when the occupancy rate was just 10%, which is now around 50% year-round, with many weeks sold out in November and during the high season." says Peggy.

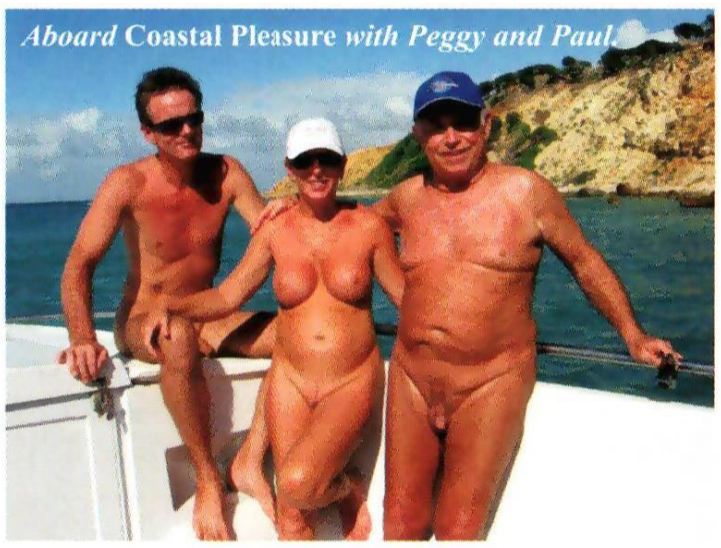
"While we are doing some advertising, most of our business comes first from repeat guests, many fourth- or fifth-time visitors. A lot of folks find their way up to the villa from the beach or from just driving by the front gate and stop in to see what we are all about," adds Mike.

With just six beautiful guest suites, the atmosphere provides intimacy and seclusion from the more bustling Orient Beach. Each room boasts a luxurious king-size bed with pillow-top mattress, private bath, A/C, and an in-room safe. Most guests opt for

Anyone for water volleyball?

bathing in one of four outdoor showers. The cozy and eclectic lounge includes a wide screen direct TV, free phone calls to North America and WiFi internet connection. The full bar in the lounge provides endless cocktails, beer, wine and soft drinks, as well as a complete breakfast buffet every morning for all guests. The open bar and breakfast are included in the competitive room rates. "We also run room specials," says Mike, "which makes us more than competitive with other top-end hotels in Orient Bay."

While you can relax around or in the pool or Jacuzzi, Peggy keeps things lively with a variety of board games. "Farkle is my favorite," she says. She is quick to add that it is a dice game. The pool can call for an impromptu game of water volleyball. A full commercial kitchen is also available for guests to store and prepare food for lunch or dinner.


Aboard Coastal Pleasure *with Peggy and Paul*

Since Club Fantastico is conveniently located in Orient Bay, it is just a two-minute drive to Orient beach and a 10-minute drive to Grand Case, the gourmet capital of the Caribbean. Shopping in Phillipsburg is also less than a half hour away.

"We try to provide all the amenities of a larger establishment, while keeping the atmosphere homelike and personal." according to Peggy. You can arrange for a therapeutic massage in your room or around the pool. Dinner can be catered by a personal chef. Also offered is personal transportation to and from the airport through a rental car agency that delivers your car to the villa in advance of your arrival. There is also discounted chair rental available for guests on Orient Beach's au natural section.

While you may arrive as a total stranger, you will always leave Club Fantastico with new and dear friends and will always be considered one of the family to Mike and Peggy.

So, the next time you want a truly comfortable and friendly bed-and-breakfast experience in paradise, think of the other naturist club, Club Fantastico. Day passes are also offered.

Introducing Peggy and Paul's Around the island Tour of St Martin/ St. Maarten – nude, of course!

Peggy and Paul have designed a new adventure around the beautiful island of St. Martin with naturists in mind.

Begin your full day excursion leaving Oyster Pond marina and passing the world famous Orient beach and Pinel island. Then it is off to the island of Tintemarre for a swim to the beach and a game of Peggy's that involves tossing something (What is it ?...You will have to take the cruise to find out). Back on the sexy 38-ft Italian-made speed boat, the *Costal Pleasure*, to St Martin where they point out the beautiful little beaches only accessible by hiking or by boat. We stop for snorkeling at hand-picked areas spotting some incredible sea life.

On to lunch at Happy Bay, another beautiful clothing-optional beach, where we enjoy a picnic with Danny's ribs and chicken. Here we are offered a world-famous spa treatment that will leave your skin feeling like a baby and take years off of your complexion.

After lunch we take the boat through the harbor at Marigot to Simpson Bay bridge, passing the beautiful, huge yachts that visit us every year.

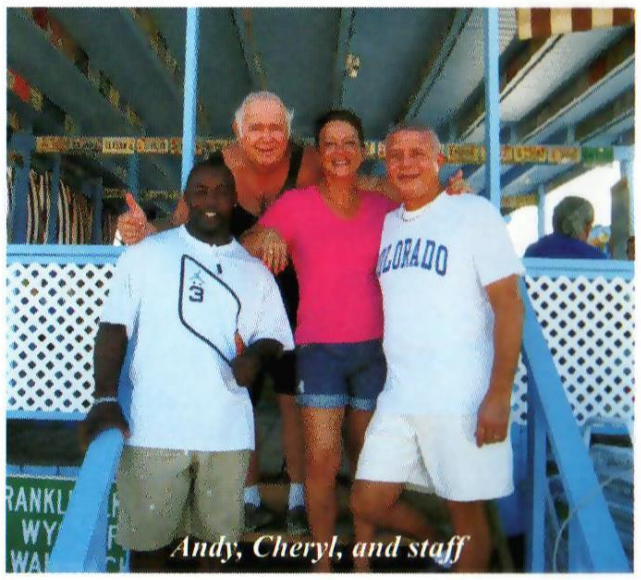
Leaving Simpson Bay, we head to Sunset Cafe where we park the boat at the end of Princess Juliana airport to watch the planes land right over our head, so close you can feel the ocean spray, while sipping a delicious rum punch! We're hoping to see the landing of the Air France 757. Then back to Oyster Pond via Great Bay in Phillipsburg, where we catch a glimpse of the cruise ships in for the day.

Your day includes first-class snorkeling gear, open bar, fun and games, naked bow riding, lunch served with lots of smiles and love – all for just US $95.00 per person. This is a not-to-miss adventure, if you love zipping around the island in comfort and ease.

How about places to eat? Grand Case is just outstanding, the gourmet capital of the Caribbean. We came across a brand new restaurant called Piazza Pascal, which opened just a week before we arrived; what a delightful find.

Pascal and Donna Paviani opened Piazza Pascal in the plaza at the center of Restaurant Row in Grand Case. Chef Pascal was born and raised in Paris, although the family is of Italian descent. He trained in Paris at the Academie of Paris. After working in the restaurant business in France for a while, he came to America where he met and married Donna. They had a restaurant near Detroit and moved to the island in the fall of 2009. The menu incorporates his French training with his Italian upbringing and his love of the Caribbean flavors. With Pascal in the kitchen and Donna in the dining room, you have "French/Italian cuisine with American hospitality."

Then, of course, back to the beach, remember Baywatch, well Andy and Cheryl are still there but a little closer to Club O and under the new name Andy & Cheryl's. The food is the same "JUST GREAT" – a super place for lunch and a history of New Jersey and the Jersey Shore.


Andy, Cheryl, and staff

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Florida State University has recognized Naturally FSU as an official student nudist organization.

Only twice before has this happened – at the University of Pennsylvania and the University of Toronto in the 1990s. The new group has promised no nudity on campus; they already use the nearby grounds of Tallahassee Naturally.

Tallahassee Naturally has always maintained a 15% student membership – the highest in the nation. Students comprised a third of the people who showed up there for last summer's Guinness World Record swim.

But growing repressiveness at FSU forced the creation of the campus group. Three or four times a year, for 17 years, Tallahassee Naturally set up their display table in the courtyard of the Student Union. A few years ago, fear of outside ideas grew, so all non-FSU organizations (such as the League of Women Voters) were banned. Tallahassee Naturally still got in occasionally under the umbrella of the Center for Participant Education, the last of the Free Universities of the 1970s. Then this summer, campus officials started ripping the posters of all non-FSU organizations off the bulletin boards. (At the same time, they began barring anyone without an FSU card from even entering the library.) A student nudist organization was probably not what they intended, but that is what their policies produced.

The name of the new group came about because bureaucrats have some rule that the college be in the last half, rather than the first half of the name. There have been no problems at nearby Florida A & M University or Tallahassee Community College.

Starting with 13 male and female members, the new group plans to promote Tallahassee Naturally's student-oriented events: Full-Moon Skinny-Dips during the warmer months, and the annual College Greek Athletic Meet.

The coming athletic meet is scheduled for Sunday, March 28 – with a rain date of April 11. It is the world's only authentically nude re-enactment of the ancient pentathlon. If you have to ask, that's long jump, discus, 200-yard dash, and javelin – with a type of stand-up wrestling as a tie-breaker. Students from near and far are invited. People of any age may compete, but the victory wreaths are reserved for the top college student in each entry classification: male athlete, male non-athlete, female athlete, female non-athlete. No experience is needed. Everyone on the grounds will be nude. Cameras are restricted. For fuller details, visit www.tallahasseenaturally.org/greek_athlet.htm

Steve and Mel setting off on their walk

Whatever happened to Stephen Gough, a.k.a. The Naked Rambler, who walked the length of the UK naked twice?

posted by www.naturistholiday.info

In 2003 Steve completed his first walk from Land's End to John O'Groats (which is the entire length of the British Isles) naked. His walk was to protest against what he saw as antiquated attitudes to the human body. He was arrested 14 times during the walk, but always released as police realized that being naked is not a crime in the UK. Afterwards his boots were bought by the Land's End visitor center museum and put on display.

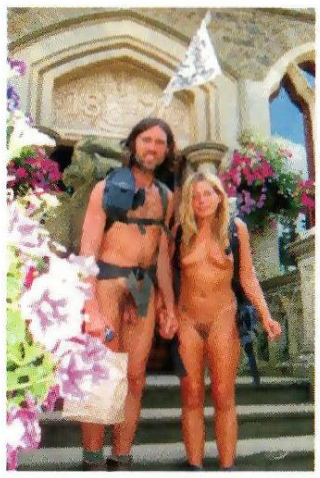
Mel buying provisions en route.

In 2005 he repeated the walk, this time accompanied by his girlfriend Mel Roberts. By now attitudes to nudity had changed in the UK and the pair passed through the country with barely any trouble. Many supporters joined them and walked naked with them for parts of the way. It was only in Scotland (which has a different legal system) that they encountered any serious trouble.

Steve was given a date to appear in court in Scotland and was released on condition that he stayed clothed. This is when his real troubles started. Always one to push the boundaries, he flew to Scotland for his court appearance and removed his clothes during the flight. His reward was a spell in jail because, although it is not illegal to be naked anywhere in the UK, it is illegal to break a court's bail conditions.

Steve and Mel sample the hospitality in an English pub.

These boots were made for walking.



A bit of sightseeing on the journey.

Another shopping trip

And so, ever since, Steve has been on the treadmill of serving a short prison sentence, being released (naked, of course), re-arrested, sent to court (naked, of course) and then back to jail for contempt of court (because he is naked). Using this device the Scottish legal system has managed to keep a man in jail for several years for an offence which is not an imprisonable offence.

With each turn of the loop, each side of the standoff seems to become increasingly determined not to lose. It seems that the only hope of release for Steve would be to contract a serious enough illness to be sent to his home country (England, in this case) as they did with the Lockerbie bomber.

Steve has been told that he could spend the rest of his life in prison if he doesn't change his dress code. Here is his address if you wish to write:

Stephen Gough
Human Rights Political Prisoner No. 81590
Segregation Unit
HMP Perth
3 Edinburgh Road, PERTH
PH2 8AT UNITED KINGDOM

NOTABLE EVENTS

PUBLISHED ONLY IN SPRING AND SUMMER ISSUES

Running Bare 5K Run & Walk
April 17, 2010
CEDAR CREEK PARK
Pelion, South Carolina
Distance: 5K
Time: 10:00 A.M.
Phone: 803-894-5159 Cedar Creek
Fax: 803-894-5155 Cedar Creek
Phone: 704-880-4561 Sue, Race Director
E-mail: Sue, Race Director
URL: http://www.cedarcreekpark.com

Sahnoans Bare Buns Run 5K
April 17, 2010
STAR RANCH
East of Austin-
McDade, Texas
Distance: 5K
Time: 1 P.M.
Phone: 512-273-2257
Fax: 512-273-2025
E-mail: starranch@totalaccess.net
URL: http://www.starranch.net

Bare Burro 5K
April 18, 2010
OLIVE DELL RANCH
Colton, California
Distance: 5K
Time: 10:30 A.M.
Phone: 909-264-0047
E-mail: kenfreehiker@yahoo.com, For contact and RSVP.
URL: http://www.olivedellranch.com/

Fig Leaf 5K Run/Walk
April 24, 2010
PARADISE VALLEY RESORT
Dawsonville, Georgia
Distance: 5K Paved road.-
Time: 10:00 A.M..
Phone: 706-265-6110
Fax: 706-265-1533
E-mail: Fig Leaf 5K
URL: Paradise Valley Resort
URL: Fig Leaf Run/Walk

13th Annual Skinnydipper Sun Run 5K
April 24, 2010
WILDWOOD NATURIST'S RESORT
Decatur, Texas
Distance: 5K
Time: 1:00 P.M.
Phone: 940-627-2280
E-mail: info@wildwoodnaturist.com
URL: http://www.skinnydippersunrun.com

Hidden River 5K Trail Streak & Nudie Blues Concert Fifth Annual Clothing Optional Run
May 1, 2010
HIDDEN RIVER RESORT
St. George, Georgia
14 miles north of Macclenny, Flordia
Distance: 5K Run & 2K Guilded Walk
Time: 10:00 A.M. Run
11:00 A.M. Nature Walk
Phone: 912-843-2603 Billie Hatten-
E-mail: inquire@hiddenriverresort.com

NUDE GARDENING DAY
May 1, 2010
Get your kit off and enjoy the sun while gardening!

Dare to Go Bare 5K Run
May 2, 2010
LAKE COMO CLUB
Lutz, Florida
Distances: 5K Run & 2.5K Fun Walk
Time: 8:30 A.M.
Phone: 1-877-TRY-LAKE
Fax: 813-949-4937
E-mail: arlene@lakecomonaturally.com
URL: http://lakecomonaturally.com

Trail of Tears 5K Run, Walk, Crawl
May 15, 2010
OAKLAKE TRAILS NATURIST PARK
Halfway between Tulsa & Oklahoma City-
Depew, Oklahoma
Distance: 5K
Time: 2:00 P.M.
Phone: 918-324-5999
E-mail: OLTNaturistPark@aol.com
URL: http://www.oaklaketrails.com

PHOTO--LEIF HEILBERG

Bay to Breakers
May 16, 2010
BARE TO BREAKERS™ Bare-athon
"You have a right to peacefully demonstrate!"
The legendary nude demonstration you MUST do once in your life.
San Francisco, California
"This is the coolest thing ever!"
Distance: 7.46 Mile 12K
Time: 8:00 A.M.
E-mail: Refer to Web site below for details.
Official BARE-2-BREAKERS™ web page:
http://www.baretobreakers.com
Bay to Breakers web page:
http://www.baytobreakers.com/

AANR West Summer Festival
June 11-13, 2010
GLEN EDEN SUN CLUB
25999 Glen Eden Road
Corona, CA 92883
Phone: 800-843-6833 or
Phone: 951-277-4650
Email: info@gleneden.com

Eastern Naturist Gathering
June 14-20, 2010
Sponsored by THE NATURIST SOCIETY
Camp Westmont
Poyntelle, Pennsylvania
www.campwestmont.com
Phone 920-426-5009 for information & reservations.

Coventry's 3rd Annual 5K XC Run & Walk
June 26, 2010
COVENTRY CLUB & RESORT
Milton, Vermont
Distance: 5K Cross-Country Run & Walk Trail and gravel road.-
Time: 9:00 A.M.
Phone: 802-893-7773 Resort
Phone: 704-880-4561 Sue, Race Director
E-mail: Coventry Club & Resort

NUDE RECREATION WEEK
July 5-11, 2010

AANR East Gathering
July 9-11, 2010
AVALON RESORT
Phone 304-947-5600

CANADIAN NATURIST FESTIVAL
July 14-18, 2010
www.bareoaks.ca

NATURIST YOUTH CAMP
July 18-24, 2010
SUNSPORT GARDENS, Loxahatchee, FL
www.sunsportgardens.com

The "Original" Bare Buns Fun Run
July 25, 2010
KANIKSU RANCH FAMILY NUDIST PARK
Deer Lake, Washington
Distance: 5K
Time: 9:30 A.M.
Phone: 509-327-NUDE
Fax: 509-327-6833-
E-mail: BBFR5K@aol.com
URL: http://www.kaniksufamily.com

Lilly Valley 5K Nude Run & SummerFest
July 31, 2010
Fort Erie, Ontario
Canada
Distance: 5K
Time: 1 P.M.
Phone: 905-871-4208
E-mail: info@lilly-valley.ca
URL: http://www.lilly-valley.ca/

Northeast Naturist Festival
August 3 -8, 2010
EMPIRE HAVEN
Moravia, NY
www.homestead.com/empirehaven

Wreck Beach Bare Buns Run/Walk
August 8, 2010
Vancouver, British Columbia
Canada
Distance: 5K circular course
Time: 10:30.M.
URL: http://www.wreckbeach.org
Phone: Registration -Dena Ellery
604-876-3909

Western Naturist Gathering
September 30 -October 3, 2010
DEANZA SPRINGS RESORT
Jacumba, CA
www.deanzasprings.com

NAKED THROUGH THE 4 SEASONS

by Peter Dietrich

2009 has been a very busy year for the Ukrainian Naturist Organization, with a month-long trip to Brazil in February, and a few more gatherings and trips I'll tell you about.

Thanks, in part to Bern and Internaturally, we are still active, and still raring to go and having fun wherever that fun is available. It looks as though we may soon have a month-long safari, naturist tour in South Africa, in 2010.

We managed a few excursions this year, including a short break in Odessa and our annual pilgrimage to the Crimea. A number of new and exciting video shoots were achieved during our travels, including our exotic Brazilian Festival Tour, Kiev and Odessa beaches, and the ever-continuing Crimean saga. You'll see those offered by Internaturally, so check the back section of your magazine!

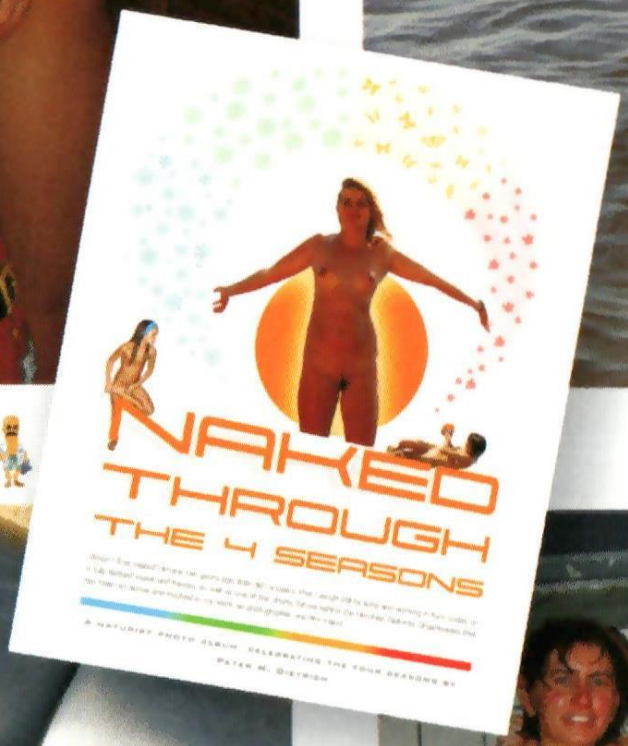
But, back to the present day; autumn

WINTER

SPRING

SUMMER

AUTUMN



Scene from Naked Trick, Naked Treat

is well underway at this writing, and life is almost back to normal as the days get shorter and the sun gets rarer. Kiev is a very fertile and green city, and when the fall comes the colors are immediately stunning and unpredictable as the trees turn, leaves fall, and autumn digs in towards the coming winter. When people have to get out their winter clothes after a short and bright summer out in the sun it is also a time of many celebrations.

Though Halloween is not in the traditions here, some of our friends decided it would be fun to have a Halloween Party, and so it came to pass. A few of our families came together in a local sauna and did their best to get into the spirit of Halloween, with paintings and pumpkins and just general fun, letting the world know that it is a time for parties and family get-togethers.

It was a rainy gray day on "Halloween," which made the steamy heat of the sauna all the more inviting. Ukraine does not celebrate this ancient Celtic pagan festival as a rule, but fun-loving naturists are always ready for something new, and with a few pumpkins and witches' hats and other accouterments, our grey day took shape.

The kids just loved dressing up as monsters of course, and some of the girls set about painting a large mural with bats and castles and other wickedly smiling pumpkin faces. Food and drink were abundantly available, and the sauna was never empty as we steamed away the summer's pressure.

My new HD camera never stopped shooting, capturing our first Halloween celebration in a lasting souvenir/DVD for all to enjoy. The pumpkins were carved into sinister, grimacing faces by our friend Victor. Candles lit up those wicked grins and made for some fabulous photos. Followed were some water balloons, some magnetic fishing in the pool, and lots of masks and other stick-on disguises by the kids who really got into the Halloween spirit – for the first time ever.

Now it is quiet, the evening closes in, and the editing is done. The video *Naked Trick – Naked Treat* is finished and ready to be seen. I hope it will portray a little of the great fun we all had, and inform our faithful clients and fans that we are still here and still having good-old naturist fun wherever we may roam.

After Halloween, while browsing through the many photos taken throughout the year, it struck me that it might be interesting to create a new photo album. Thus, naturists might get a further glimpse into our activities and the fun of it all.

I spoke with Dima, my faithful graphics designer, and with Bern, faithful editor of this magazine, and they both agreed that a new online album would be of interest, and so this brand new venture was undertaken.

As our activities go on throughout the year, I thought it a good idea to portray the four seasons naturist style, and so this online new album was born: Our Christmas party in the heart of icy winter, first spring days on the beach at Kiev, warm summer days on the beach at Odessa, and finally the gloomy autumn that saw the above-mentioned Halloween party. Dima made some great graphics, and so our new "baby" was all set up and ready to be viewed by you. Time will tell if it's as successful as my previous album, *A World Without Clothes*, published by Internaturally. I feel certain there will be more to follow over the coming months and years. For now, I invite you all to browse this new ebook, *Naked Through The 4 Seasons,* at www.internaturally.com.

Note: Since this writing, Peter has also produced two new videos: *We Are the World,* and *We Are the World II.* Bothe are available in the New Products section of this magazine.

Internaturally, PO Box 317, Newfoundland, NJ 07435 – PHONE: 973-697-3552

WHAT'S NUDE NOW?

This quarter's new products and specials from Internaturally!

Brazil Festival Tour

by Peter Dietrich

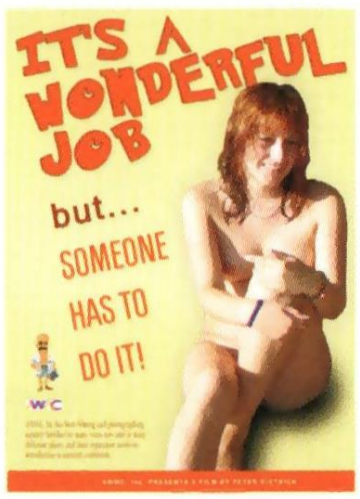
5 titles now available!

Peter Dietrich and his extended naturist family meet up with Brazil naturists in Rio De Janeiro, Brazil, for beach volleyball, group exercises, fun in the waves, wrestling on the sand, and hula hoops in the ocean. Then it's back to the nudist resort for games and all sorts of fun activities, and lots of dancing. 60 mins. each.

VBD94	DVD	Brazil Festival Tour #5
VBD93	DVD	Brazil Festival Tour #4
VBD92	DVD	Brazil Festival Tour #3
VBD91	DVD	Brazil Festival Tour #2
VBD90	DVD	Brazil Festival Tour #1

A new release each month! **$70.00 each.**

It's a Wonderful Job



Peter Dietrich has been filming and photographing naturist families for many years now and in many different places, and his reputation needs no introduction to naturists worldwide. This latest offering, his first shot in full HD video with crystal clear pictures and vivid colors, brings us fantastic images of the early summer in Kiev, where local naturists herald the sun with their usual exuberance and sense of fun. So, yes, all in all, we can definitely say: It is a wonderful job – and we are very happy to be doing it still!

VDD23 DVD $60.00

We Are The World

The whole world seems to be waking up at last to the fact that our planet is not indestructible, and that if we don't act soon to put a halt to our indifference and recklessness, this will have devastating effects on future generations, which means our children and grandchildren. As naturists, we are perhaps even more concerned with the natural processes that dominate, and also our involvement with Nature creates our dreams for a better world.

This film is a new direction for us, with naturists of all ages asked to design their dream on a plastic screen, while the camera captures the dreams and the making of them. Comic or serious, we understand that we are part of the world, part of the universe, and part of the eternal dream of life and beauty. So here is our first effort to show that we are indeed the world, and this is our dream for a better place for all of us, now and in the future.

VDD25 DVD $60.00

We Are The World II

Our naturist friends continue to express their ideas and dreams in a not-too-serious display of creativity and inspiration that is fun to do and to see, and so our film grows to its conclusion that we hope will entertain you through the long winter months. Once again our naturist families show us that you are never too old or too young to join in the fun and laughter, and what begins as a simple idea grows into pleas for more tolerance, love, and understanding across our ancient and beautiful planet Earth, while sending out a message that everyone everywhere should really take to their hearts: We are the world, and this is our dream, so won't you please come now and join us?

VDD26 DVD $60.00

Naked Trick, Naked Treat

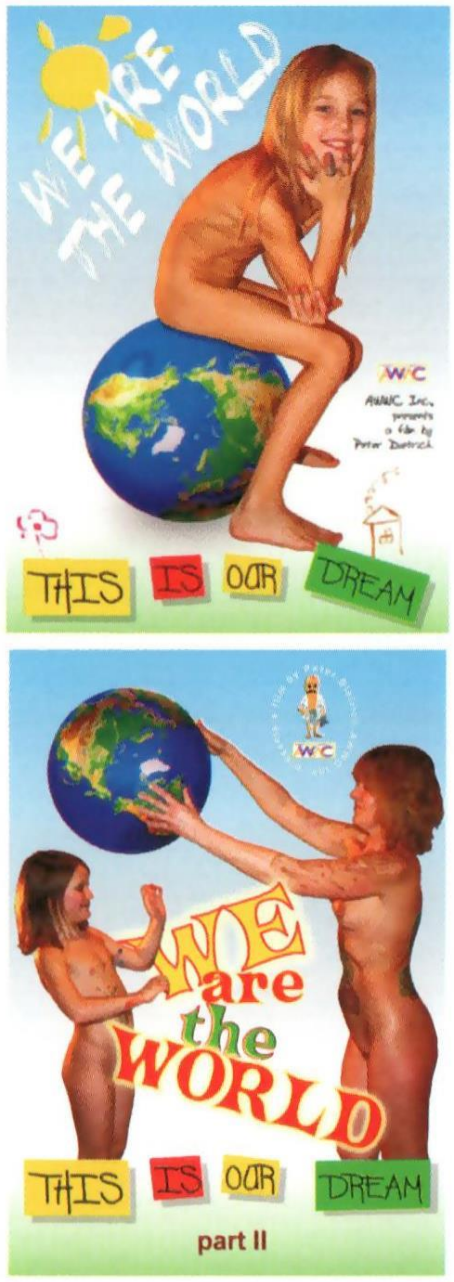
Families in Kiev are always ready for a party, no matter what the core celebration, so when Halloween comes along, a brand-new concept for most Eastern Europeans, the Ukrainian Naturist Organization is more than happy to celebrate in its own way this new and exciting evening fun. Outside the weather is grey and cold already, but in one of the local saunas the atmosphere is hot and steamy, and the show can go on. Pumpkins, paintings, masks and games are the order of the day, and so we celebrate in our own fashion great family fun in this first off Halloween Party, naturist style, of course, laughing happily as we enjoy Naked Trick and Naked Treat!

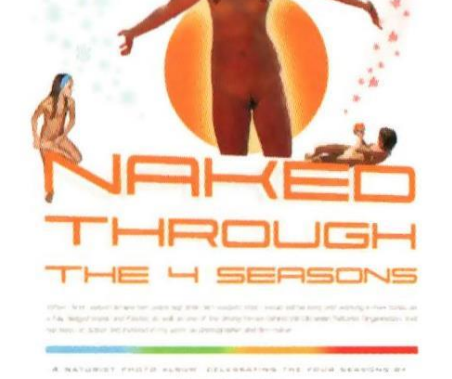
VDD24 DVD $60.00

Naked Through The Four Seasons

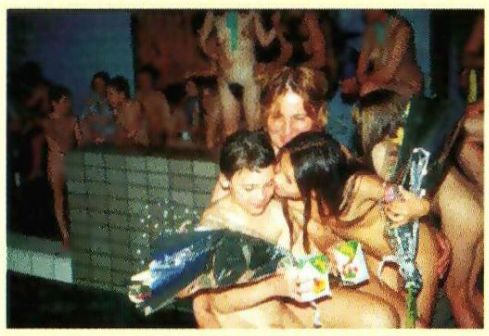
Naturist film maker, Peter Dietrich, takes you on a visual journey through the seasons in this digital photo album. He captures precious moments during the shooting of his latest videos, and comments on the state of naturism around the world. A veritable optimist, Dietrich lives and preaches the naturist philosophy through his films, books, and candid images of unabashed family naturism. The book is available only in digital format over the internet. To purchase your access, go to Internaturally.com; select digital editions, and purchase your password, which is emailed to you within 48 hours. The price is $20 for 140 pages of beautiful images.

PD01W Digital Photo Album $20.00
(include your email address when ordering here)





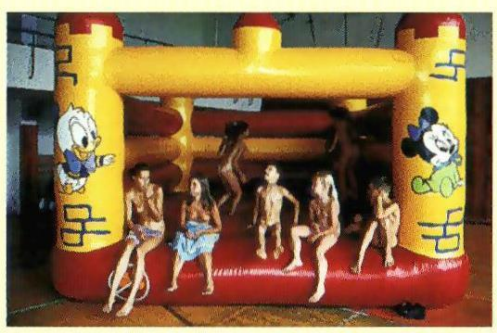
Overlooked classic titles that didn't get into our catalog! These four nearly slipped through our fingers if it weren't for one of our alert customers who asked why these titles were no longer shown. Oops! We quickly want to correct that error and bring them to your attention. Enjoy!



Happy Birthday Twins

They're ten today! A very large birthday party packed to the max with naturist families to celebrate the 10th birthday of the Grimovy twins. What a day! 60 mins.

VRD9903 DVD $40.00



Naked Scene on Trampoline

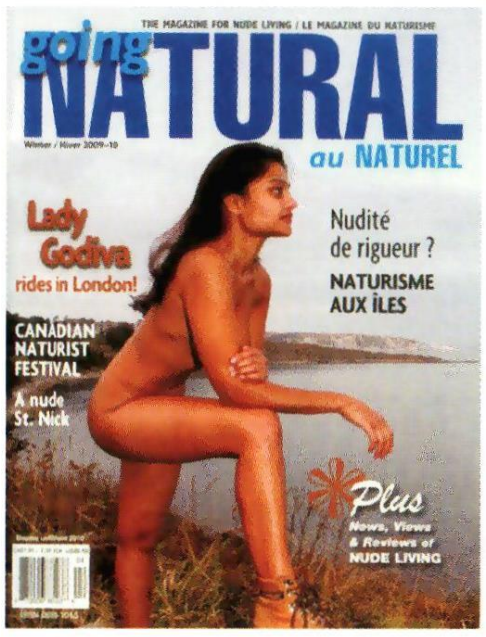
This family school gym was packed with nudists for a Saturday of trampoline madness. Kids, teens, adults all bounced with equal enthusiasm. Even the Luftburg was packed with jumpers. What a fabulous day of healthy fun. 60 mins.

VRD0108 DVD $40.00

Happy Birthday Sweet Klara

Today is Klara's 11th birthday and a large group of her nudist girlfriends threw her a surprise party. The club was beautifully decorated, the music was hot, the birthday cakes delicious, and fun was non-stop. Even a magician was called to entertain the gals. A terrific time to honor a very delightful young lady. All female.

VRD0109 DVD $40.00



Going Natural - Winter 2009

Official journal of the Federation of Canadian Naturists

Canadian Naturist Festival

A Nude St. Nick

Nudite de rigueur?

Naturisme Aux Iles

GN24.4 magazine $9.50

Current issue and back issues available here.

H&E Naturist - January 2010

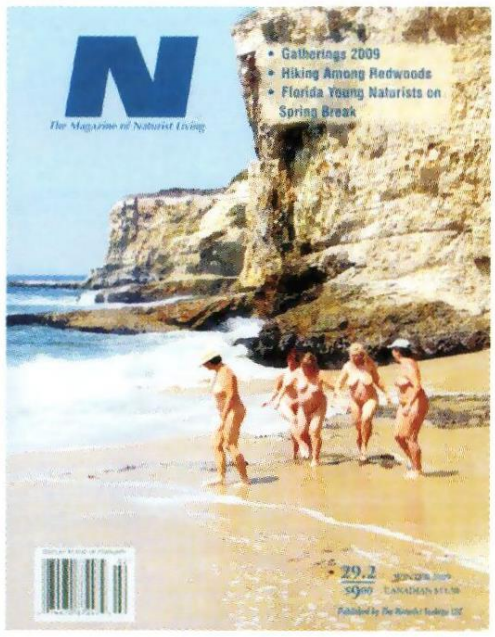
France Special: Top Destinations for Channel Hoppers.

A First-Time Experience in Egypt.

Bodies: Susie Orbach's New Book.

MH10.01 magazine $15.00

Current issue and back issues available here.



N Magazine - Winter 2009

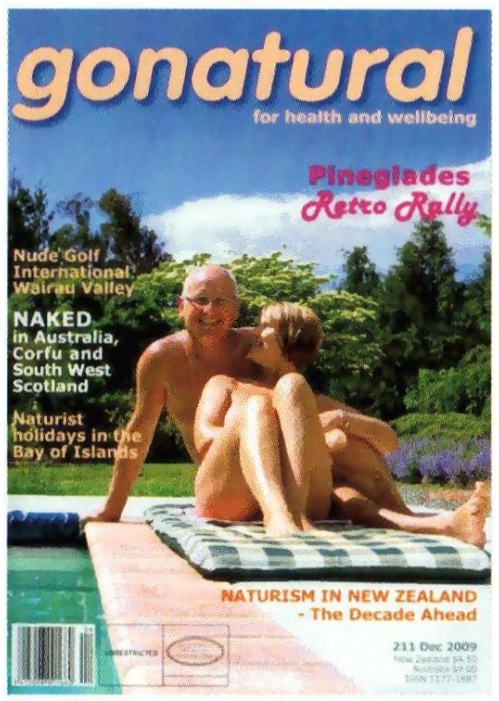
Gatherings 2009

Hiking Among Redwoods

Florida Naturists on Spring Break

NN29.2 magazine $15.00

Current issue and back issues available here.


gonatural
for health and wellbeing
Pinegiades Retro Rally
Nude Golf International Wairau Valley
NAKED in Australia, Corfu and South West Scotland
Naturist holidays in the Bay of Islands
NATURISM IN NEW ZEALAND - The Decade Ahead

Gonatural - December 2009

Nude Golf International Wairau Valley.

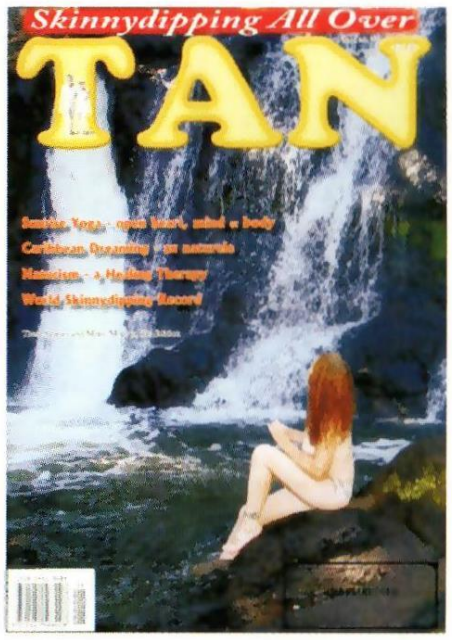
Naked in Australia, Corfu, and Southwest Scotland.

Naturist Holidays in the Bay of Islands.

Naturism in New Zealand — The Decade Ahead.

MZ211 magazine $12.00

Current issue and back issues available here.



TAN 45 - December - February 2009

Sunrise Yoga - open heart, mind & body.

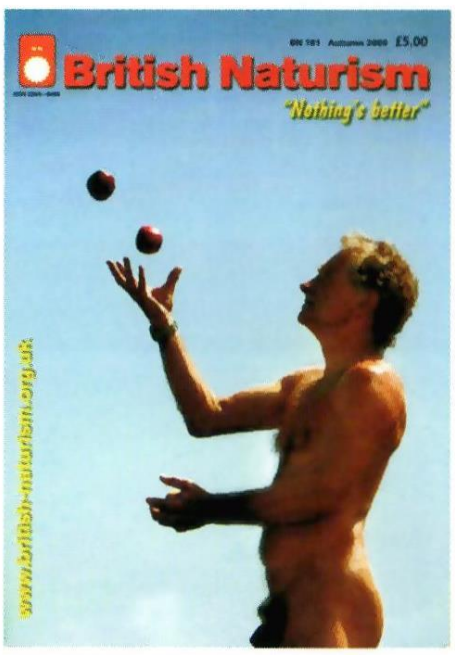
Caribbean Dreaming - au naturele.

Naturism - a Healing Therapy.

World Skinnydipping Record.

MTN45 magazine $18.50

Current issue and back issues available here.



British Naturism - Fall 2009

Nudefest 2009.

Getting the Girls.

Young British Naturists.

The BN Swimming Gala, and more.

BN181 magazine $15.00

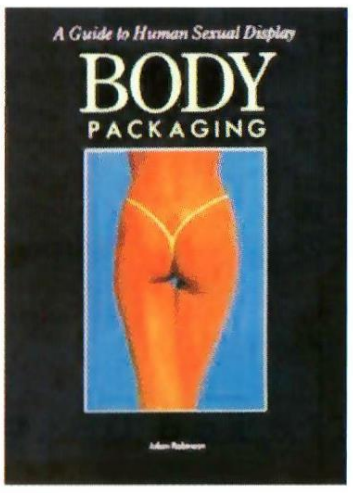
Current issue and back issues available here.

Our Brazilian Friends

Richard West traveled way up north to a remote little place miles from anywhere, called Massarandupio. Upon arriving late in the evening, Roberto, only one of 180 million Brazilians whom he had never met, made a shocking revelation, "I know you!" Apparently Richard had published an article of his in his Virtually Magazine #2, but until now didn't know it was him. Roberto, Lurdes and their son Juniclei became instant friends. They were an enormous help making his earlier films in Brazil, and they became such good friends that Richard made a third trip to Brazil primarily to visit them. Roberto also reciprocated and came to visit Richard in Canada on a few occasions. During his visits to Brazil, he accumulated much footage of his friends, which really didn't fit any of his other projects. As a tribute to them, Richard has created this special film for his Brazilian friends. (50 mins.) **VWD09 DVD $60.00**

CLASSICS AT HUGE DISCOUNTS

Body Packaging



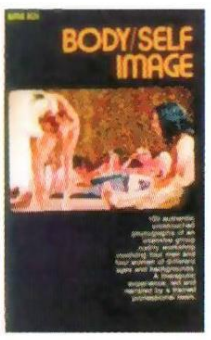
by Julian Robinson

As nudists we are all aware how clothing influences people. We act and feel differently while clothed in various kinds of garments. We "become" the image that our clothes suggest or represent. It is precisely why, in escaping this influence, we can truly appreciate nude recreation. We are fully ourselves only when we are nude, naturally.

Body Packaging is a copiously and artfully illustrated book about body adornment in all its fascinating forms. Controversial and visually explicit, *Body Packaging* uncovers the coverings – from cod pieces and penile sheaths to high-heeled shoes and French knickers, from uniforms and bondage to wedding dresses, tail coats and jeans. From cover to cover, this stunningly beautiful photo journal – which also includes many fine paintings and illustrations – traces the effect that clothing has had on people through the centuries. It's an "eye opener," and also a great opener for discussions about nude recreation and why we value it. 208 pages, hundreds of photographs in color and B&W, 8¾ x 11½.

SE28H Hardcover **On Sale $19.95**
(add $12 p&h)

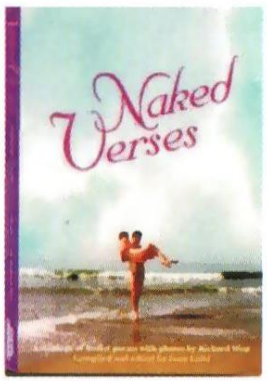
Body Self-Image



Many Americans do not like their bodies. Psychologists treat people with self-image by helping them face their inner attitude toward the body and eliminating negative emotions. How is this brought about? The technique many therapists use forms the text of *Body-Self Image*. It follows four individuals who, in the presence of a therapy group, confront their attitudes toward their own bodies and learn to accept themselves on a deeper level than ever before. This book can be used as a guide by readers, either alone or in the presence of family or friends. Ideal for use in overcoming personal fears and inner attitudes that interfere with full self-acceptance. A spontaneous body-information workshop in which four nude men and women experience self-examination with professional leaders. 116 pages, 6x8, 100 B&W photos.

SE07S Softcover **On Sale $5.00**
(add $5.00 p&h)

Naked Verses

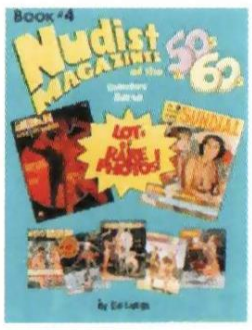


Internaturally's anthology of nudist poems with photos by Richard West – the nude experience in words and pictures!

Many nudists, naturists, and acclaimed poets wanted to bring their words to the nude experience. In 132 poems, they express and enrich what we all feel in a variety of ways, from haiku and limerick to all-out prose, and even lyrics. Some poems are humorous, and some are romantic; some call out to nature, and some invoke the spirit of the moment. With words and beautiful images, this delightful book touches the essence of the nude. The poems are presented in chapters by category, and each chapter is illustrated with a relevant, carefully chosen full-page, full-color photograph by Richard West. Here is a delightful and inspiring nudist book that you will be proud to share with family and friends. 150 pages, 6x9.

AU02H Hardcover **On Sale $10.00**
(add $8 p&h)

Nudist Magazines of the 50s & 60s - Book Four



Complete your set of this extraordinary Nudist Nostalgia Series today. Rare photos and articles straight from the liberal '60s when social FREEDOM was not just a word, but a revolution! Featured are: "I Want To Be a Nudist" from Nudism Today (1968) • "4 Bares Before the Mast" from Metropolitan Jaybird (1966) • "Nudists of Southern France" from Nude Living (1962) • "The Friendly Beach Frolic" from SOL (1968). 96 pages; 8½ x 11.

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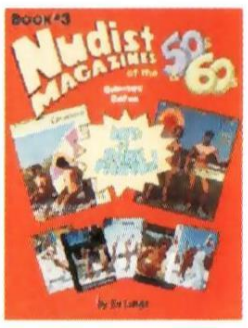
Nudist Magazines of the 50s & 60s - Book Three



Recapture European nudism where entire towns were once devoted to nude living! The third book in the popular photo-book series features: "Bonjour, Bare Skin?" from Nudist Classics #5 (1951), "Communism & Nudism Co-Exist?" from Sundial (1964), "In Search of Miss Venus" from Jaybird Journal (1967). 96 pages, 8½ x 11.

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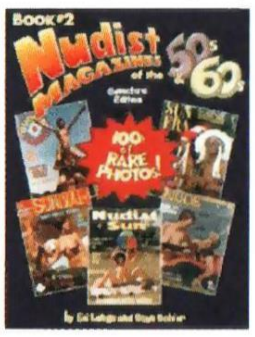
Nudist Magazines of the 50s & 60s - Book Two



Selections of controversial, funny, and nostalgic articles and photographs from the very first unretouched American nudist magazines. Featured are: "What About Nudism" from Nude Life (1951), "Dance Naked With Music" from Nude Living, "Naked Truth About The Etruscans" from Sun Era (1962). 96 pages, 8½ x 11.

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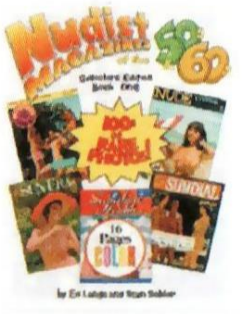
Nudist Magazines of the 50s & 60s - Book One



The premier book in the Nudist Nostalgia Series (tm) with articles and photographs from the earliest issues in the 1940s to the late 1960s. Features are: RARE PHOTOS FROM THE 1930s-60s, "The Private Life of a Nudist Family" from Nudist Living (1961), "Shrimp Boat Turned Nudist" from Eden (1960). 96 pages, 8½ x 11.

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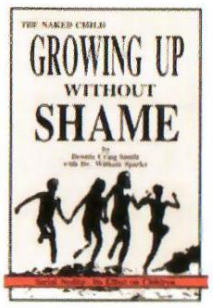
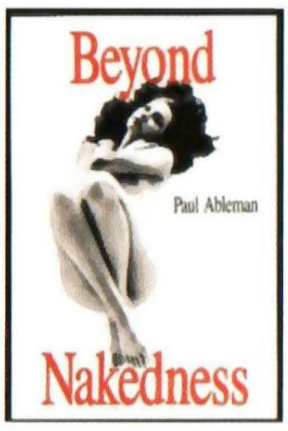
Growing Up Without Shame



This hard-to-find book addresses the rantings of the "experts" who think that family nakedness encourages incest, Oedipus complex, castration anxiety, parent seduction, over stimulation, sexual obsession, school failures, penis envy, sexual deviancy, parent hatred, exhibitionism, bisexuality, and obsessive guilt and frustrations. But Dennis Craig Smith was unwilling to accept these opinions as fact. He began a search for the truth that led him to naturist camps and beaches to interview and survey adults who had grown up in nudist families. He found well-adjusted people who blatantly disprove the "experts" theories. The book addresses the need for further long-term research regarding the true effect of family nudity on the developing child and can be invaluable to anyone who is interested in learning more about the philological and emotional effects of growing up in a nudist family. 221 pages, 66 B&W photographs, 6 x 9.

SE01S Softcover **On Sale $19.95**
(add $8 p&h)

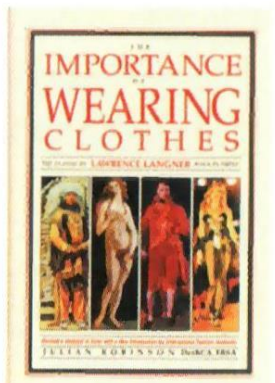
Beyond Nakedness



Paul Ableman's fascinating look at the weird, wonderful, and sometimes terrifying ways modern society looks at the nude and natural human form – a provoking and entertaining study of why we hide, reveal, flaunt, are ashamed of, and even scorn the human body. *Beyond Nakedness* is a no-holds-barred look at human nudity that will delight anyone who seeks constructive dialogue and an applicable philosophy to nude recreation. Ableman writes with a firm grasp of how anthropology, religion, art, and sociobiology have influenced current attitudes toward the nude body. 114 pages, 100 B&W photographs, 6 x 9.

SE09S Softcover **On Sale $10.00**
(add $8 p&h)

The Importance of Wearing Clothes



By understanding a society that depends on clothing fetishes and other body adornments, we can better understand the need for nude recreation. *The Importance of Wearing Clothes* is the classic history of fashion and human condition by Lawrence Langner. Here is a look at what inspired the bold, outrageous styles of the 1960s and beyond: the miniskirt, the topless bathing suit and the unisex look! A full chapter with photos is devoted to nudism, in which Langner states, "We are also indebted to the nudists for emphasizing the importance of removing them [clothes] from time to time for our physical and spiritual well-being." A useful resource for social scientists, historians, designers, artists, librarians, archivists, and all those who cover and adorn their bodies. 368 pages, over 350 B&W photos and illustrations with a new 16-page full color section. 6½ x 9 ½.

SE04H Hardcover **On Sale $10.00**
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SPAIN

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Spain exemplifies the phrase "so many beaches, so little time!" And we're stationing at one of the best in the delightful Costa Natura Resort of Estapona.

We land in Malaga and arrive by coach after a tour of the city's highlights, including the birthplace of Picasso. We'll visit Santiago Church, where Picasso was baptized, as well as the Picasso Museum. Moorish architecture in Malaga sets the atmosphere before checking into the Costa Natura apartments.

You'll enjoy individually decorated apartments, and make new friends. ● Patio views can include the Rock of Gibraltar, brilliant blue Mediterranean hues, and lavender-floral landscaping along the path to the main restaurant and pool. ● Rise with the sun to indulge in yoga by the sea, or walk the beach into town for the Sunday Market. Like Oz, the village of Costa Natura seems to have everything to feel pampered, from sauna and massage to pedicures. ● Nightly entertainment is provided, ranging from ● Flamenco Dance exhibitions, and guest dance nights, to ● Karaoke talent in several languages, possibly after an excellent lobster or pork Paella dinner! Although Most European guests dress for dinner, most dine nude during breakfast and lunch.

Enjoy the black sand beach at Costa Natura before venturing to Algicerias, where we may ferry to Tangier for the day. Visit the winding streets of Gibraltar and Shop 'til we drop. Side trips and trip extensions are also available.

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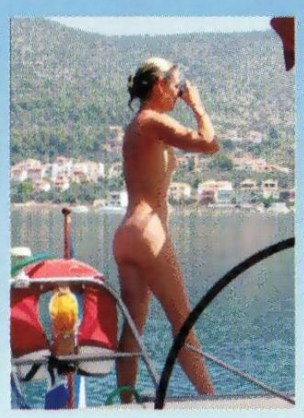

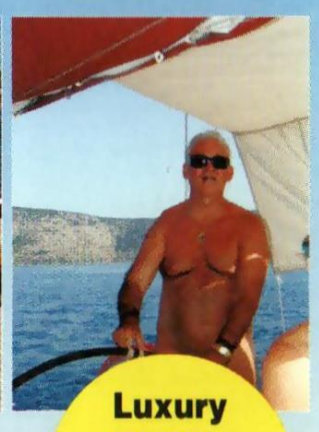

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